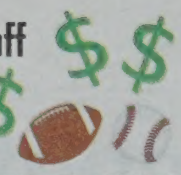
Where to eat besides Church Street
Eight reviews spanning Burlington to Stowe. p.14

Student gambling takes off
Court decision makes it easier to bet on sports online. p.26



Voices: A Muslim student in America p.25

The Defender

The Voice of St. Michael's College

THE DENVER POST
Wildfires leave death destruction in wake
hate crimes rose sharp
US bishops rebuked by top adviser
ounting continues
Report: 17 perce
spike in hate crim
Safety fears bloc
TURKEY SAYS U.S. HAS AUDIO PROOF OF SAUDI'S KILLING
KHASHOGGI RECORDING
A step toward healing Pittsburg
Return to Cam
Survived Thous
Trial for infant death
S hardens border at Tijuana
Woman accused of driving drunk with girl, 8, in car
In constant fear for my sa
Hate Crimes Incre
Consecutive Year, F.B.I. Repo

Glimmers of light in times of darkness

It feels like we live in an increasingly dark world. The bright red, yellow, and orange leaves of autumn have fallen and turned to crunchy carcasses. The sun disappears in the late afternoon, and politics continue to divide the nation.Two mass shootings, killer wildfires and an ever-divided landscape plague the country. But in the midst of these shadows, there are glimmers of light.

Around 50 million more people voted in this midterm election than in 2014, indicating that people are actively trying to make a change. Thirty-four new women won House seats, including the first two Muslim-Americans, the first two Native American women, and the youngest woman to be elected to Congress at 29 years old. (see story p. 2)

And we have freedom of speech. A group of Russian journalists visited The Defender this month, and reminded us that our access to information is a luxury.

Among pieces of giant national news there is a slew of small things every day in which each of us can pause to find our own moments of light. The staff reflected on what they're grateful for to find our own light:

"That my sister Grace is at St. Mike's with me. She's my coffee date, my running partner, and my therapist. And for the ten lifelong friends I've made." *– Elisabeth O'Donnell '19*

"For my health, my first and last full year playing lacrosse at St. Mike's free of injury and recovery." *– Katherine Martin '19*

"I'm thankful for my two younger brothers, Owen and Jack, who send me memes consistently all day. I wouldn't laugh as much if it weren't for them." *– Elizabeth Stapleton '19*

"I'm thankful for my parents, friends, teammates and professors for helping me throughout my college career, through the good times and the bad." *– Nathan Terry '19*

"I am unconditionally thankful for having the opportunity to come to the U.S and be part of St. Michael`s community." *– Habeba Ramadan Ali, transfer student*

"I am thankful for being blessed to always look at the bright-side of life, even when time gets tough. All of my blessings guide me through all of my challenges." *– Lance Reynolds '19*

"I'm thankful for the stressful moments throughout the semester because they make me so much more grateful for those moments I can find without stress." *– Stephen Higgins '20*

"Thanks, my God. You have never abandoned me when I was stressful in the extreme. He is the way, the truth, and the life." *– Nick Chen '19*

"I'm thankful for my friends scattered across the country. Even though I don't see them as often, I feel lucky I can still talk to them like nothing has changed." *– Jack Donahue '19*

"I am thankful that I am lucky enough to wake up every day healthy, safe and knowing that I have loving people supporting me no matter what." *– Garrett Finn '19*

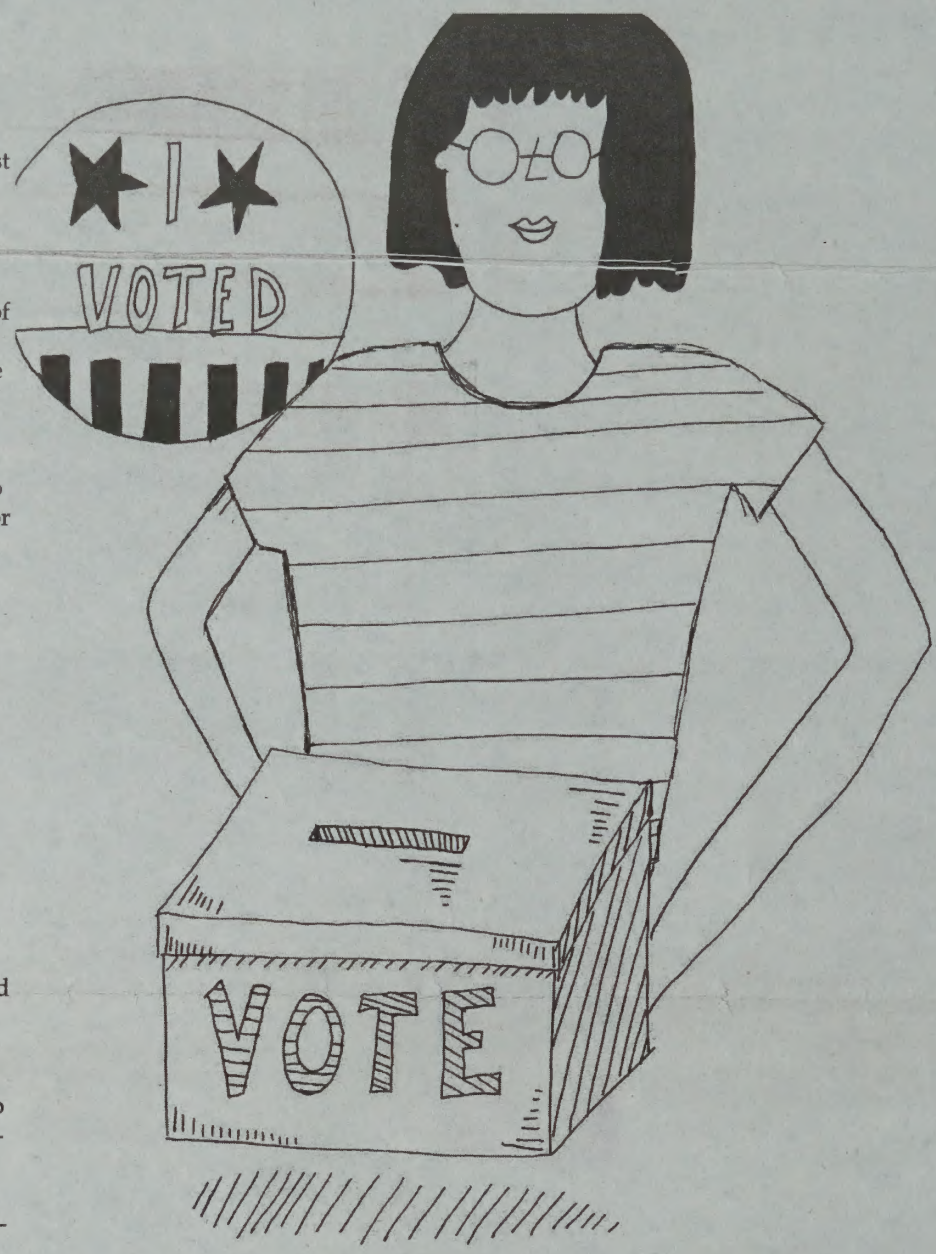
"I'm thankful for being part of the 6 percent of the world population fortunate enough to attend college." *– Brandon Bielinski '19*

There's plenty of good news among our community, and we need to take a moment to appreciate it. Share where you find your light on our social channels using #SMCDefender.

ELISABETH O'DONNELL
EXECUTIVE EDITOR

Record turnout leads to changes in U.S.

By Nathan Terry
News and Opinions Editor



Alex Vincent

After a record 113 million votes were cast during the November 6th midterm, which set a record for most votes ever for a midterm, it was clear that it was a split decision. It marked the first time there had ever been over 100 million votes cast in a midterm, with just over 49 percent of all eligible voters taking part in the elections. While the Democrats were able to take the House, the Republicans maintained their hold on the Senate, with ballet recounts still taking place Florida as of press time. So what does this mixed result mean for our country? Let's take a closer look at the major stories of the night to gain a better understanding of what the midterm elections mean.

The Rise of Women

Arguably the biggest story of the night were ceilings broken by women and minorities. An astounding 117 women won office, including a whopping 35 new women winning House seats, which beat the previous record set back in 1992. Among the notable victors were Democrats Rashida Tlaib of Michigan and Minnesota's Ilhan Omar, who became the first Muslim women to be elected to Congress, and Democrat Alexandria Ocasio-Cortez of New York, who became the youngest women ever elected to Congress. Voters also sent the first Native American women to the House with Democrats Sharice Davids and Deb Haaland in Kansas and New Mexico, respectively. As a result, there will be at least 101 women in the House next year, the highest figure in U.S. history.

Patricia Siplon, professor of political science, said that it was remarkable to see the turnover in Congress. "You can really see [the difference] visually, a lot of older white men getting replaced by women, particularly women of color. It really is remarkable to see a such a shift toward diversity in this past election."

New Heads in House

The House flipped to a Democrat majority, which will make things more difficult for President Trump's administration to push forward Trump's agenda. Democrats will likely use their majority to launch investigations into Trump's administration, most notably into his tax returns and the Russia investigation. And by using the power of subpoena, Trump and others in his administration would be forced to testify and provide information into these events.

The divide grows

Another major story of the midterm was the decisive shift away from moderates in Congress. Many candidates running from both major parties identified themselves as right wing or left wing, and less willing to compromise with people on other sides of the isle. This will lead to more gridlock on different issues, and with the Republicans holding the Senate and the Democrats holding the House, fewer laws will be passed due to the lack of agreement on various issues. One part of the shift away from the center revolved around voters in suburban districts, who voted firmly for Democratic candidates.

He said, she said

Interestingly, women and men voted very differently, with 60 percent of women voting for Democratic candidates, while only 47 percent of men supported them.

See-Saw, Florida

With the pivotal swing state Florida currently in a recount in both its governor and Senate races, it is evident that America is still very much divided on the Trump administration, as well as each party's credibility.

"This midterm really has led to a lot of discussion about gerrymandering and voter suppression," Siplon said. "Many people have been asking 'Is this the way we want to structure elections?' Is this a system that we want to keep?"

In another election that went down to the wire, Democrat Kyrsten Sinema was victorious over Republican Martha McSally, flipping a seat that had previously been held by Republicans. The vote was so tight that the race had been impossible to call, leading to votes being counted until Wednesday, when McSally conceded.

Vermont's bottom line

In local elections, the three major incumbent candidates all won re-election. Senator Bernie Sanders romped to a massive 40 percent win, Lt. Gov. David Zuckerman was victorious in his race for re-election, and Governor Phil Scott easily won another term over challenger Christine Hallquist, who had made national news as the first transgender gubernatorial candidate to run for governor.

Overall, Vermont voted in more Democrats to the statehouse, and gave them the numbers needed to override any veto made by the Republican Governor Scott. Speaking during his victory speech, Scott stressed the importance of working together to his supporters. "By electing a governor of one party and a legislature by another, the message Vermonters have sent to us tonight is clear: Work together... Vermonters are saying they want us to work for them, not against each other, in Vermont, we can and will rise above partisan politics."

In an interview with The Defender, Vermont Senator and St. Michael's '61 Patrick Leahy expressed optimism for the future and cited young voters as being a cause for positive change. "One of the most heartening results of this off-year election has been the energy and engagement of younger voters," Leahy said. "That's a sharp departure from the past and likely a deciding factor in a host of close contests in Vermont and across the nation. Even more than usual, this election was about the future, and no one will be spending more time in the future than they will be. For me, and I think for most Vermonters and most Americans, that's a reason for hope and optimism about the future."

2020, who knows?

With mixed results in the nationwide elections, there is a lack of true clarity going into the 2020 presidential election. While Democrats were seeking a "Blue wave," what occurred instead resembled a ripple. While liberals were able to gain support of the House, conservatives were able to not only maintain a lead in the Senate but also in the gubernatorial races. With 26 elected Republican governors nationwide as of press time, President Trump will still have strong backings in many states across the country, though in some states such as Vermont and Massachusetts, voters elected moderate governors who openly oppose Trump.

Potential Democratic presidential candidates

In the coming months, many Democrats will step forward and announce their intentions to run for President in 2020. Siplon said that it is very tricky to predict which candidates will run against President Trump.

"Many people are looking at Beto [O'Rourke]. He created a lot of energy. Bernie [Sanders] is tricky...he is someone who I think would have a more difficult time getting out of a primary since Democrats don't really view him as one of their own, but I think he might be their best bet against Trump." Siplon said many in Trump's base could view Sanders as a non-traditional politician with his unique policies, and that Sanders wouldn't engage or be bothered by Trump's negative rhetoric. Senator Kamala Harris (CA) and Senator Elizabeth Warren (MA) have also been viewed by Democrats as potential 2020 presidential candidates.

If the midterms showed anything, they proved that our nation is very much divided politically, and that come 2020, things may become even more divisive. ●

Campus reacts to devastating shooting

By Katherine Martin
Politics Editor

On Wednesday following one of the deadliest attacks on the Jewish community in the United States, St. Michael's college held a "Prayer service for Peace Among All Peoples." The following Sunday, multiple players on the men's basketball team took a knee during the national anthem at their season opener at the University of Vermont (UVM). They did so to honor the victims of the Jewish community, and victims of violence among other minorities.

At the Tree of Life Congregation in Pittsburgh on October 27, an armed man killed 11 congregants and wounded six others. This act of hatred was a dramatic reminder of the country's recent rise in anti-Semitism, a movement surging 57 percent in 2017, the largest rise in a single year ever recorded.

"I think we've tolerated it too long. It comes out now because it feels like it has a right to come out now more so than it has in the past," said Rabbi James Glazier, a religious studies adjunct who led nearly 100 attendees in prayer alongside Rev. Brian Cummings, S.S.E.

The service took place in the Chapel of St. Michael the Archangel. Glazier said that while college campuses are the biggest source of anti-Semitism in the United States right now, he has always felt welcomed and safe on campus.

"The Catholic church has done the greatest job in eradicating institutional anti-Semitism than any other church body around the world and I think the school can be very proud of being a part of that tradition," said Glazier.

Four days later the men's basketball team used their expedition game against UVM to kneel in protest against injustices such as the Pittsburgh shooting.

Besides the daily prejudices faced by African Americans, they chose to join in solidarity with those facing anti-Semitism, islamophobia, homophobia and those impacted by the #MeToo movement. They protested for any American who has faced injustice, prejudice and discrimination, said the men's basketball team in a video they released.

"The same kind of hate that spawns anti-Semitism could spawn anti-black, anti-Asian, anti-anything," Rabbi Glazier said. "When you allow hate to permeate, no group is protected in the end."

PHOTO BY MORGAN JOHNSTON

PHOTO BY JAMES BUCK

Top: Father Brian and Rabbi James Glazier converse before the service held at the Saint College chapel in honor of those affected by the Pa. synogogue massacre which occured on Oct. 27 in Pittsburgh.

Bottom: Members of the men's basketball team took a knee during their expedition game at UVM on Nov. 4 to show support for minorities victim to violence.

EXECUTIVE EDITOR
Elisabeth O'Donnell

SENIOR EDITOR
Lance Reynolds

PHOTOGRAPHY EDITOR
Stephen Higgins

OPINIONS EDITOR
Nathan Terry

INTERNATIONAL & ENTERTAINMENT EDITOR
Sixiang Chen

POLITICS & ONLINE EDITOR
Katherine Martin

MULTIMEDIA & ONLINE EDITOR
Brandon Bielinski

ARTS & CULTURE EDITOR
Habeba Ramadan Ali

MULTIMEDIA EDITOR
Garrett Finn

SOCIAL MEDIA
Eli Stapleton

VISUAL EDITOR
Jack Donahue

ADVISOR
Allison Cleary

Advertising Manager
Hayley Craddock

LGBTQ+ community tenses while Trump works to redefine gender

By Hannah Wilmot
Staff Writer

The Trump Administration is working to define gender as a biological, immutable condition determined by genitalia at birth, as of October 21. This redefines gender after the Obama administration loosened the legal concept of gender, recognizing it as a choice, rather than an assignment.

Abigail Griffin '20 is fearful of the new proposal by Trump. Her brother, Lucien Griffin, is a freshman at the University of Massachusetts Amherst and is transgender.

"He came out to me when he was a freshman in high school," said Griffin. "Although he is not the best at expressing his feelings, when he first heard this (consideration) on the news, he felt worried and he felt that his right to exist was being threatened."

Griffin has seen her brother deal with a lot of problems from others who have had issues with Lucien being himself. She worries that this setback will erase all of the hard work her brother has gone through.

Transgender refers to a person whose gender identity does not match the sex they were assigned at birth. There are an estimated 1.4 million Americans who do not identify with the sex they were born into who this would impact, according to the New York Times.

Most people have a gender identity of a man or a woman, According to the GLAAD. But for some people, their identity does not fit neatly into one of those two choices.

"One's immediate reaction frequently is total outrage that this would even be up for consideration," said Shelley Vermilya, a professor of Gender Studies. "Trump is on record that he would do anything he could to support the LGBTQ+ community earlier and now he is doing just the opposite. He is doing such tremendous damage in this country."

"I don't think that he (Trump) can erase us. I don't think that he can change the laws at his whim. There are a lot of people working for justice and for social equity so I think if anything, all this does is stir up a lot of conversations and hopefully for the better," added Vermilya.

Erich Seeger '19 commented that the move is absolutely political. "To be honest, I don't think 90 percent of any politicians actually care about this issue, it's just a way to get votes," said Seeger.

"After the initial reaction, I focused more on the ridiculous idea of attempting to give a word such a concrete definition, especially a word regarding gender. I do not think it (the consideration) will go through," Seeger said.

Meanwhile, Common Ground celebrated "Out Week" last week on campus with multiple events surrounding gender and sexuality. Kavi Ade, an arts educator and nationally recognized spoken word poet, taught a poetry class as well as performed his own poems last Thursday.

People who are transgender may describe themselves using one or more terms including transgender, transsexual, trans, transgender man, transgender woman, and so on. Whenever it is possible, always ask what pronoun a person would like to be called.

PHOTO BY KATHERINE MARTIN

Kavi Ade, a transgender arts educator and nationally recognized spoken word poet performed his poetry in McCarthy last Thursday for "Out Week".

Staff member embraces transgender identity

By Katherine Martin
Politics Editor

Now 40, Kinsey Whitford began working for St. Michael's in July of 2017 by her birth name, Kyle. It was around this time she began her transition into a woman. Eager for people to understand what it means to be transgender, she talked with the Defender.

Kinsey sat down for an interview in Dion on her break as an HVAC Technician on campus. Kinsey installs, maintains, and repairs heating, plumbing, air conditioning, and kitchen equipment. Dressed in a beanie and a t-shirt, she held a sweatshirt in her lap as she spoke.

Q. When did you first understand that you were transgender?

Completely? About two years ago but I have been questioning it pretty much from puberty on.

Q. What was it like to come out?

Very stressful. Kind of like not knowing what your relationships are going to look like down the road. I was married. I still am married. Thankfully my wife is supportive. But that's the hardest part--coming out and not knowing the reactions you're going to get.

Q. How has going through the process impacted your work or your relationships?

I worked at Vermont Mechanical as a service tech. I actually left to avoid the uncertainty of where I was going day to day. My relationship with my wife is leaps and bounds better and relationships with other people in my family are even a lot better--the ones that chose to still communicate. I left my job to come here to St. Mike's because of the reputation.

Q. How has your marriage improved since coming out?

We have more in common. I am not nearly as miserable about life as I was, and we can share clothes. [laughs] Stacey never really knew before I came out [about my identity]... Kinsey and Kyle are different people with different personalities and even looks and style.

Q. Do you have kids?

Yes from a previous marriage. A boy, Zachary 19-20 and a girl, Hannah 21-22.

Q. What has going through the transition process been like for you?

The beginning of the transition process really stinks. It's slow, there's three or four doctor visits that you have to do to make sure you're completely healthy. Starting the hormones was not fun at all. It was very rocky and emotional. I'm surprised I still had a relationship after the first few months of estradiol.

But recently it's been great now that things are starting to align more with how I think I should look. It was definitely a long road getting to this point.

Q. Do you plan to get surgery or just stick to hormones?

Surgery is scheduled for early next year. Counting every minute... three months 19 days and 17 hours.

Q. What have some struggles been?

The biggest struggle is the time commitment doing the hair removal and its expense. In the beginning, you're going to the doctor every three months for regular lab work. Also trying to work on my voice is not easy but I've gotten it up there a little bit. [laughs]

> **"I hated my life; I hated being a guy. That is no life for anyone."**
> -Kinsey Whitford, an HVAC technician

Q. What are some misconceptions people have about transgender men and women?

Well the first is that they think it's a choice. If you could, you're asking me to choose between living and not being here. Most of us live a very miserable, secluded life until we come out. I hated my life; I hated being a guy. That is no life for anyone.

Q. Do you feel happy here at St. Mikes?

It took a while to get used to it and there are still days I don't really feel comfortable because I still am dealing with the facial hair thing and that stinks. Most of the time I'm walking around here with this big hoodie on.

Q. What is the climate like for you on campus?

Things have been friendly on campus. The closest thing I have had to a negative comment was someone complaining about the multi-stall, multi-user restrooms in front of me.

Q. What are some of the positive things that have come along with transitioning for you?

The fact that things physically are lining up has been huge. You know, hair starting to disappear from the body without having to do expensive painful hair removal. I am definitely friendlier to be around. Probably even more open-minded I would say.

Nine months in, new neighbors change the Rte. 15 scene

Burger Bar's impact on the SMC community

PHOTO BY AARON KALAT

Burger Bar's colorful lighting makes it hard to miss when passing by at night.

By Emma Shortall
Staff Writer

It was a Saturday, but instead of going out to party Matt Chimbolo '21 headed over to Burger Bar to get ready to perform.

"This show was different," said Chimbolo, a guitarist and a student at St. Michael's College "It was the first bar we've played in, being so close to the crowd was cool because it felt more personal."

Since the day Burger Bar opened in March, it instantly became part of the St. Michael's community. St. Michael's students flock to the restaurant during multiple events they hold each week, such as Tuesday Trivia, Karaoke on Saturdays, and live music, or to just enjoy their selection on a wide range of food, alcohol, or other beverages at an affordable price.

Matt Burt, the manager of Burger Bar, was disappointed with the former business that occupied the building, which had the reputation of a popular spot for students to go with the sole purpose of getting drunk.

"We came in to change it and I think we successfully did that," Burt said in a recent interview.

Brian Bressery and his wife Kelly, who own Burger Bar had been friends since the third grade. The couple had worked together with Burt a little bit and the group decided to open a restaurant as the friends already owned Bessery's Butcher Shoppe and Delicatessen in Burlington.

With the many events that Burger Bar holds, Burt said he is constantly meeting new people. He especially appreciates meeting St. Michael's students and holds them in a high regard. "[St. Michael's students] are different," said Burt. "It makes coming to work fun, it makes it interesting."

BOTTOM PHOTOS BY KYLE CUILLA

Ben Flaherty '19 reacting as he receives his burger dish to go along with a pint of beer

Burger Bar manager Matt Burt tending the bar earlier this week

Burt also loves the employees who come from St. Michael's and said, "We have four or five people who work here from Saint Mike's at any given point."

Meghanne Fitzsimmons '20, who is on the waitstaff at Burger Bar, enjoys working there and seeing St. Michael's students enjoy it as much as she does.

"I love the people that I work with here from Saint Mike's and when I see them out or at school. Just having new close friendships just makes [Burger Bar] really special" Fitzsimmons said.

Annie Hogan '19 is also on the waitstaff and loves what was done with the restaurant, as it was the first good thing to open up in that space.

"Burger Bar is more than just going there to drink, there's food and a nice atmosphere, it's way better," said Hogan.

Looking to the future Burt said Burger Bar will definitely take part in providing food for P-Day again, which is an annual event put on by St. Michaels for students to enjoy catered meals and various activities, and he wants the bar to get more involved with the St. Michael's community.

PHOTO BY BELLA CIGNA

A group of students huddles together in attempt to solve the Harry Potter escape room.

Escape room brings Hogwarts to life

By Isabel Bretz
Staff Writer

Escape rooms have taken off in the United States within the last couple of years and St. Michael's College has officially jumped onto the bandwagon, creating their own Harry Potter-themed escape room in Durick Library Tuesday, Oct. 30 and Thursday, Nov. 1.

According to an article in the New York Times, "In 2014, there were 22 escape room companies in the United States," and today there are around 2,000. Escape rooms are a fairly new type of adventure game that allows teams of friends or family to work together to solve puzzles to escape a fake danger before the time runs out. These well thought out games draw on various types of knowledge around different subjects or themes and if a group has trouble getting out, staff members often dressed as characters will provide hints.

To win the escape room in the Durick Library, groups had to answer questions and solve word puzzles about Harry Potter to unlock the next question and finish the game.

"Most typical escape rooms you have a full hour to do it. We revised ours to just 20 minutes," said Anthony Bassignani, a Research and Instruction Librarian at St. Michael's College who helped with the planning and organizing of the escape room. "We needed to get as many teams in as possible."

This year's escape room proved to be more difficult than the previous year's as four out of 16 teams did not finish in the alloted 20 minutes Thursday night and the fastest time was done by a group of five in around 17:29, says Beth Dietrich, a reference and instruction librarian who helped organize the event. However, the "fastest group for the overall thing finished in 10:39," which was a group of five as well. Dietrich said there were mostly groups of five competing and she thinks "maybe there were too many people in some cases." Dietrich also said it is interesting to see the group dynamics when in the escape room because it makes a big difference in how successful they are.

Some of the questions for the escape room included "Who's dad is the editor of The Quibbler," and "What shop does Draco Malfoy go into in Knockturn Alley," said first year Abby Bozzuti.

Before entering the escape room, Bozzuti said "I'm hoping that we won't get through too quickly, because I want it to be a challenge," however she and her group are self-described Harry Potter buffs so she didn't think it would be too hard.

Bozzuti, who has read the books seven times each, did not think that the questions were difficult, but if you weren't super into Harry Potter it would have been a lot harder. Bozzuti and her group finished close to the 20 minutes.

"We had all the answers figured out but the locks (which people needed to open in order to escape) just kept getting stuck and we couldn't get them to work."

The escape room definitely surpassed Bozzuti's expectations, she said. She was hoping to see "'flying' keys like there are in Harry Potter and the Chamber of Secrets" and "some sort of incorporation of different magical creatures since the new Fantastic Beasts movie comes out this month." The Durick escape room not only had flying keys and fake candles to add to the feeling of being at Hogwarts, but also had bowtruckles made out of pipe cleaners.

Dietrich said that with this year's escape room being such a big success, she can see there being another Harry Potter themed escape room returning to Durick Library in the future. ●

PHOTO BY MATT HELLER

Students meet with alumni at the Career Symposium in McCarthy on Friday, Nov. 9

Connecting with new career platforms and alumni

By Matt Heller
Staff Writer

The Office of Career Development at St. Michael's College has introduced two new programs, this academic year, which will allow students to leverage connections with employers and alumni.

SMC CONNECT

SMC Connect is a communal place where students and alumni can meet. Communities within the program connect students and alumni through commonalities such as hometown and fields of study.

"As a student you can see what alums are in there and who do I want to connect with. I've been saying it's like LinkedIn just for St. Mike's" said Ingrid Peterson, director of career education.

Brenda Kelley Kim's '86 book, "Sink or Swim: Tales from the Deep End of Everywhere", discusses overcoming obstacles and emerging from crises stronger and happier. She looks forward to incorporating these strategies into SMC Connect, where she will have the opportunity to meet and assist current students.

SMC Connect is just shy of 1,300 users, according to Angela Armour '99, director of alumni and family relations. In an email, Armour said that the marketing strategy for both platforms includes demonstrating them in classes and with other groups of students.

"We are doing a mix of social media posts, emails, and in-class/program demos as part of the marketing strategy," Armour said. "We also include a link to SMC Connect in all of our invitations to alumni."

"Thanks to SMC Connect and our fabulous alumni, I now know what I want to do after graduation and have ideas of companies I plan to apply to!" said Natalie Jackson '19 in a testimony used to promote SMC Connect.

HANDSHAKE

Handshake, which has replaced JobLink, will allow employers in the area and around the country to post jobs. According to Peterson, Handshake will give students a wider reach to find internships and jobs. Handshake also allows students to apply for jobs on campus, set up meetings with career advisors, and learn about upcoming events. In addition, employers have the ability to find and contact students based on their profile.

"From the student side, there are a lot more capabilities where students can work within their account to create a profile," said Renee Davitt '86, coordinator of on-campus student employment. "They can list skills that they have and they can list relevant courses."

One of the events was the Career Symposium, which was held on Friday, Nov. 9. The symposium featured a keynote address by Kortney Peagram '01, career and industry-specific panels, and a networking reception.

"We want students to be comfortable," Davitt said. "It's safe and you're in front of alumni who came back on campus to give to you, as students, their time and expertise and share their experiences."

Matt McCauley '19 attended the symposium to hear from alumni in various industries, specifically what their jobs are and how they got there.

"St. Mike's has a close-knit community… people who go to St. Mike's will see St. Mike's and that'll get you that first step up the ladder," said McCauley, who has a Handshake account and is in the process of creating an account for SMC Connect. "It'll be good to connect to alumni, you already have something in common before you meet them."

Peterson highlighted the importance of taking advantage of the two platforms and events like the career symposium.

"There's no cost and all three things are investments," she said, "that we made for you as students."

Students can access Handshake and SMC Connect on the St. Michael's College website. They are located on the Career Education and Alumni Engagement Center page. ●

Local Senior Citizens hit the dance floor

A few dozen senior citizens braved the rain as they danced the day away with students in International Commons at MOVE's annual Senior Citizen Prom on Oct. 27 .

The Groovy Lunch Bunch (from left to right: Pat, Judy, Kathy, Shirley, and Ant)

"We were known as the Milton Seniors. Well we decided that was too plain. So, we went from there to the 'Groovy Lunch Bunch'. We try to live up to our name! "

-Shirley

Elly struts her stuff in front of the camera.

With poise in his posture, Vito, is prepared for his picture.

PHOTOS BY STEPHEN HIGGINS

Behind scenes with RAs

By Elise Lemay
Staff Writer

Notoriously known for knocking on doors, enforcing quiet hours, and conducting room checks, resident assistants on campus also suffer from the grumbling ire of other students.

It's a misunderstood role, said Abby Adams '19 an RA living in the 400s, "We're people too."

The RA role shifts depending upon the residential area where they are assigned. "When I was in Ryan for the first few years, a big thing was helping with homesickness." Adams said, and added she was often a "resource" for first year students when it came to registering for classes, academic concerns and finding the right people to talk to on campus for specific problems.

"Being in the townhouses with seniors, people are pretty self sufficient." said Adams, "For the most part it's less having floor meetings, and more if you have a concern you can bring it up individually."

RA Robert Dittus '19 who lives in Canterbury, said that the regular responsibilities include programming, his favorite part of the job because it's about building community or "trying to make a residence hall into a neighborhood of sorts."

Because Joyce Hall was closed this fall, a small population of first years living in the suites have increased attendance in programming events, said Shane Coughlin '21 an RA living in Canterbury. He holds "The Finer Things Club", inspired by The Office, a popular TV show in pop culture, every second and fourth Monday of the month. Over cheese, crackers and sparkling cider, the club reads short stories and discusses them. Coughlin estimated that 75% of attendance of programs held through GREAT housing is made up by first years.

Being on duty is a different story, as responsibilities for RAs include walking around their living areas ensuring that all stoves and lights are off, making sure that noise levels are down, and the dreaded knocking on doors if they aren't. "It never feels good, but it's a part of our job and we have to do it." said Dittus. "People are generally really respectful about it, and I always appreciate that."

Adams, who has been an RA since her sophomore year admits that her least favorite part of the job is the "fishbowl effect". "When you're an RA, you're always an RA", said the senior, "and that's hard because, you know, sometimes you want to have a personal life." Resident assistants don't typically have office hours, so their job is always happening, whether they're on duty or holding programming, or just heading out on campus on a Saturday night. Still, Dittus and Adams, both seniors who have been RAs for multiple years, said there is also a built in community. "I've had some great experiences and got to know some really cool people through it", Dittus said, who recommends becoming an RA if you like getting to know people and are looking for a way to get connected with people in the SMC community.

"It's this mini community where you can always find support." said Adams.

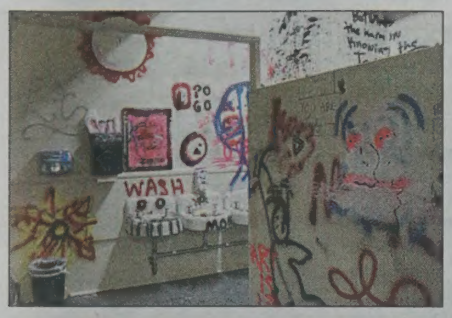
The job doesn't come without comedic relief, either. In Dittus' first night as an RA, he responded to a call that there was a bird in a Pontigny common room. "Turns out it was probably just a cricket that got stuck in a vent" said Dittus. The senior also enjoys working the grill that operates on the weekends in the quad between Alumni and Ryan. "People can be really thankful when it comes to free, late night chicken. I've been told I'm doing God's work," said Coughlin.

"When it comes to free, late night chicken, I've been told I'm doing God's work."
-Shane Coughlin '21

While RAs can often get a bad reputation on campus, they want the student body to know they are here to help. "We are here to help, if you need anything, reach out to one of us. We're here to help with anything you need, or point you to the right person who can help"said Gabriel Pineda '19.

Photo
17 likes
great_smcvt The Finer Things Club met tonight at 7PM in the GREAT Clubhouse to discuss Edgar Allan Poe's "The Cask of Amontillado." The Finer Things Club meets every 2nd and 4th Monday at 7PM in the GREAT Clubhouse with cheese, crackers, and sparkling cider to discuss short stories.

Students find creative solitude on deserted North Campus



PHOTOS BY SIERRA CASE

Top left: The walls of the Sloan Art Center emulate the creativity of the students that inhabit it each day.
Center left: Sean Flynn '20 painting his sketched-on canvas.
Bottom left: "I love having a space to go and just be up there and away from everything," said Sarah Carson-McNally, '20.
Right: Like other art students, Sean Flynn '20 walks a mile to Sloan for every art class throughout the semester.

By Matthew Pramas
Staff Writer

On a brisk fall day, when the foliage is in bloom and the breeze is just right, there is a lonely enchantment about North Campus. The old brick and uneven plaster speak of decades past.

For many students, North Campus is an abandoned spot for underclassmen to park their cars, but for art students like Sarah Carson-McNally, '20, North Campus is home to Sloan, the base for the Art department. Until recently, St. Michael's College considered selling the 20 buildings it owns on North Campus, including Sloan, before deciding to only sell the unused buildings.

Unused properties include the Linihan, Hammel, Purtill and Ethan Allen residence halls. A chapel and a theater have been abandoned for many years.

McNally loves Sloan and said, "I love having a space to go and just be up there and away from everything going on at Main Campus and having all those resources to do my work."

North Campus lies a mile down the road from the College past Camp Johnson. Current seniors can remember the days when North Campus housed students. The completion of Residence Hall 4 in 2016 and decreased enrollment ended North Campus residency.

Jim Farrington, the college's architect and director of facilities, said the college still owns the properties it purchased following World War II, including maintenance, leased, and abandoned buildings, along with the Early Learning Center (ELC), a daycare for children between 6 weeks and 6 years.

Brian Collier, professor of Fine Arts, said that Sloan is quieter now that students are no longer living on North Campus. "Students who were art majors really liked to live up here," Collier said from his third floor office, surrounded by his sculptures and installations. "The access to the building was much easier."

The school once offered routine shuttles between the two campuses and ran from 7:00 a.m. to midnight on weekdays and until 2:00 a.m. during the weekends.

Considering the size and aesthetic of Sloan, Collier said, "Having a building like this is really valuable to allow the creative process to happen, but we would prefer having this same building closer to main campus."

From the creaky wooden floors and the unconventional floorplan, to the colorful surfaces decorated with chaotic marks of art materials, Sloan captures a sense of creativity unlike anywhere else on campus. Built in 1902, Sloan has a lived-in character creativity and space need from an art building.

McNally said, "It's totally just a big messy building with paint on the walls and there's not a lot of people moving through it."

Both art students and faculty face isolation due to the distance between Main and North Campus, which presents some challenges in Collier's view. "Our visibility as a program broadly on campus is lower because we're out here," he said.

Jordan Douglas, who teaches darkroom photography at Sloan, said that there used to be more interaction between the college's two campuses, but also said that art students take a high degree of ownership of Sloan.

"The darkroom at Sloan was built in 2003, which is ironic because so many were closing around that time," Douglas said. The college's president at the time decided to invest in a darkroom and supplied it with old equipment once used by the photojournalism class.

The appeal of Sloan coincides with the tactile and deliberate nature of darkroom photography, Douglas said. Now that digital photography is no longer a new technology, developing film "feels really rewarding and exciting again," he said.

Collier and the art department has taken steps to become more visible on Main Campus. "Professor Mentor and I decided it would be really good to showcase current student work in Alliot and change it every year," Collier said. The next installation is scheduled for Thanksgiving time.

Moreover, Collier took over the art gallery in McCarthy Arts Center and he along with Douglas teach digital arts courses on Main Campus. The Art department also displays installations in Alliot and around campus.

Despite these challenges, Collier is determined to keep art on the minds of students and faculty while Farrington looks to the future of the college's facilities.

"The main reason we're selling parts of North Campus this is so that we can have resources that students are going to use," Farrington said. "I think the center of campus is the future and I think that's where we have got to put our effort."

Celebrating culture on campus

College hosts the annual International Festival as students from around campus and globe explore cultural diversity

By Ross Burton
Satff Writer

In a time when the media seems to focus only on the negative differences between cultures, the International Festival aims to celebrate connection through diversity and cultural exchange. The event allows those who attend a first hand look at many cultures from around the world.

Tarrant gym at St. Michael's College was packed with people, a center stage and an international buffet that ran the width of the gym. On Nov. 3 Flags from Kenya, Israel, Germany and Japan among many others decorated the walls. The hall filled with sounds of people talking, music blasting and footsteps from the dancers shoes hitting the stage.

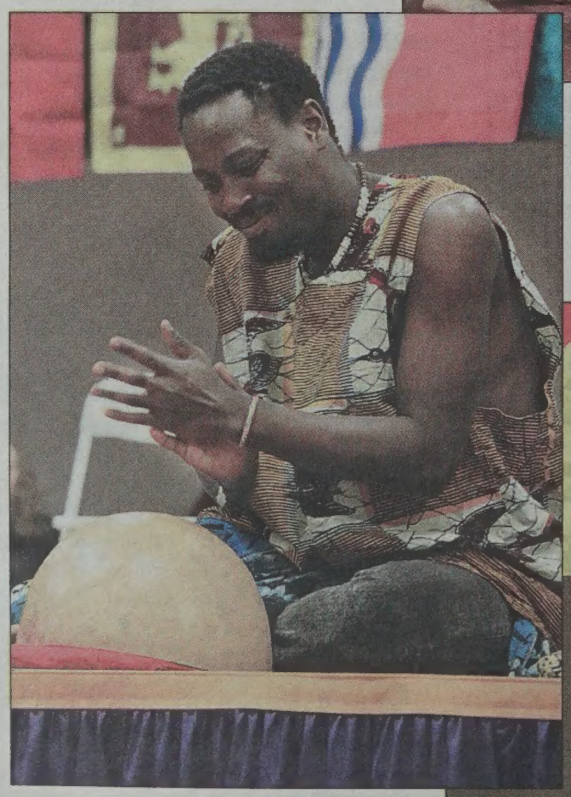
"It is one of those rare opportunities where an entire community gets to see the different cultures that we have on campus, and people are interacting with each other, having fun," said Kimoi Seale, Assistant Director of Center of Multicultural Affairs.

The International Festival allows the audience to experience first-hand the cultures they would have never had the opportunity to otherwise engage with. The St. Michael's College community is able to see performances from all over the world, and have the opportunity to taste food from an even larger variety of places. "It's really good" said Jeremy Mikaelson, an international student from China, as he enjoyed his plate of food from around the globe.

During one of her performances, dancer Zania Zahra, came down from the stage and invited the crowd to come dance with her. "It is a change for people to get out of their seats, and comfort zones, and truly be part of the event, it gives everyone a chance to truly come together and just celebrate that," Zahra said.

Seeing everyone come together, dancing and smiling, makes it clear that the International Festival is not only showcasing different cultures, but truly celebrating them. "There was a group of Japanese students dancing, and there's a Korean dance, which is a mix of American, Korean and Japanese," said Mikaelson.

The International Festival is an opportunity to be exposed to different cultures and to see why others are celebrating them. "You don't value what you don't know and what you haven't been exposed to," said Moise St. Louis, Director of Multicultural Student Services.



PHOTOS BY ELIZABETH STAPLETO

We will (almost) rock you

Rami Malek deleivers as Freddie Mercury in this biopic behind one of the greatest rock bands in history

By Jack Donahue
Visual Editor

In a biopic about a man like Freddie Mercury and a band like Queen, who dominated the late 70's and 80's with hits like "We Are The Champions", "We Will Rock You", and "Another One Bites The Dust", you expect a visual and musical extravaganza. For the most part, we get that. It's when the movie takes liberties with Queen's history and how it underdeveloped certain scenes that leave one walking out of the theatre wanting more.

Bohemian Rhapsody opens up with a detailed display of tension. It's July 1985 and Freddie Mercury (Rami Malek) is making his way from his house to the stage before Queen's performance at the Live Aid concert while "Somebody to Love" plays throughout the intro. We get quick snippets, filled with close ups and behind the back shots, of what this man will become as he makes his way from his house to the stage before flashing back to 1970. Here we find a quiet, goofy Farrokh Bulsara, Mercury's real name, a design student who just wants to rock, despite the dissatisfaction of his Parsi parents (Meneka Das and Ace Bhatti). The contrast between Mercury's traditional past and glamorous future is one that I found to be intriguing but it seemed glossed over throughout the movie and, like other parts of this movie, left me less satisfied then I hoped for.

We are then introduced to the rest of the band at a university gig when drummer Roger Taylor (Ben Hardy) and guitarist Brian May (Gwilym Lee) lose their lead singer allowing Mercury the opportunity to audition. After showing May and Taylor his singing ability they immediately bring him into the band while also adding bassist John Deacon (Joseph Mazzell) and solidifying the band that we would one day know as Queen.

This begins the classic three-act structure we've seen in movies throughout this genre. The first act consist of the creation and rise to fame that Queen goes through, but it felt almost too easy. Where was the real conflict or dilemmas happening to Mercury or the band? I will say, the scenes where they show Queen making their first album and when they are recording Bohemian Rhapsody are some of the most entertaining parts of the film. Showing the chaotic work environment behind the creation of some of these legendary songs works so well for the screen.

From the band rushing around the record studio, getting their hands on any instrument they could find in order to sound more "experimental", to watching Hardy try time and time again to create that high pitch "MAMMA MIA" voice that has become such a trademark for Bohemian Rhapsody. I loved seeing the band dynamic and being reminded that, although Mercury was the star, everyone in the band contributed to what made Queen, QUEEN.

Director Dexter Fletcher, known for directing "Eddie the Eagle" and "Sunshine on Leith", adds plenty of nuance to the film after taking over for director Bryan Singer. For example, Mike Myers, who played EMI record executive Ray Foster, shows how the director took liberties with Queen's history. I had to double take when Myers first appeared on screen, decked out in a perm, short unkept beard and Hawaiian shirt. His conflict with Mercury and Queen is brief when he criticizes Bohemian Rhapsody for being way to long to be seen as a single on their album in which Queen replies with firing him on the spot and releasing it anyway.

But even with Myers telling the band that no one would listen to the song, Queen still comes out on top. Adding to their smooth and easy transition into stardom that comes off just a tad to unrealistic.

Although the act structure covers the bands rise and fall, with the predictable redemption at the end, this is still a movie about Mercury and his struggle to fit in as an outcast in the rock and roll world.

Rami Malek embodies the flare, confidence and creativity that made Mercury a legend while also showing his struggle with his own identity and sexuality. From his cloths, to his facial expressions that express joy while his eyes show his inner pain while trying to balance his heterosexual marriage, was interesting. It left a lot off the table in regards to Mercury's lifestyle after his marriage and his breakup with Queen. We get a few scenes where they suggest the kind of sex, drugs, and rock n' roll lifestyle Mercury was living but it always tended to pull back in order to not imply too much. This may have been because of the PG-13 rating, or for respect of the band, but either way, it just felt like they didn't delve deep enough into this area of his life. This makes the reveal of him being diagnosed with AIDs a little less impactful then I initially hoped for.

For all the missed opportunities in the film, it still entertains. Any scene where Malek is singing and dancing or the band was playing was able capture the audience and allow them to imagine that they were actually at a Queen concert. The soundtrack was also amazing with Queen's greatest hits. The ending in particular was a heavy hitter, as we come full circle back to Live Aid and Queen behind stage with a mentally healthier Mercury.

Bohemian Rhapsody overall delivers with it's music but fails with it's story, with Malek bringing an outstanding performance to a a screenplay that tends to gloss over and fast forward through important moments in Mercury and Queen's history. It has its moments, like when they are creating these massive songs like "Another One Bites the Dust" and "We Will Rock You" that are such fun cinematic experiences but it fails to add anything to Mercury and Queen's story that hasn't already been told.

If you want a fun movie with a killer soundtrack see this film now, on the big screen but as I stepped out of the theatre afterwards, all I could think about is how I just wanted more.●

PHOTO COURTSEY OF NICK DELANEY AND 21ST CENTURY FOX

Cigarettes still lurk in Cashman Hall

By Angelina O'Donnell
Staff Writer

Chen stands outside of Cashman Hall smoking a cigarette in a no smoking zone.

PHOTO ILLUSTRATION BY ETHAN LI

Walking toward the entrance to Cashman Hall you see a graveyard of cigarette butts. You might also see a group of international students talking outside of the residential hall, smoking. Although the campus banned tobacco two years ago, cigarettes keep finding their way onto campus. Cashman, home to many international students, has a particularly high number of students who smoke.

"Every time I see the bunch of cigarettes on the ground [outside of Cashman Hall], I feel guilty even though I know it is not my fault," said Lex Li '22, a Chinese international student who does not smoke. "Because I know that some international students left those cigarettes on the ground."

"The tobacco-free policy began in 2016," said Doug Babcock, director of Public Safety on campus. After the rule was broadcast to the campus Babcock found that a good amount of students who smoke are international students. When he or any of the other officers have to confront an international student about smoking on campus he says the students respond as though they were, "Feeling talked down to."

But Babcock said he believes that international students are unfairly targeted by the rule.

Cultures are different, especially those who are not from America, Babcock said. He added that there are religious cultures where people cannot drink, therefore smoking is an option for them to relieve stress. Or in some cultures smoking is socially acceptable, but this rule on campus says, "Our vices are ok, yours are not," Douglas said.

Douglas shared one story in which an international student had been fined for having an illegal piece of glass, a hookah. Normally public safety would smash any illegal glass, but this case was different. The student exlained that it was a family heirloom. This really opened Babcock's eyes to see how laws such as no smoking on campus could potentially target international students.

Mahmoud Arani, a professor of Applied Linguistics, was on the committee that decided to enforce the no tobacco on campus policy. "Basically the college thought that not allowing smoking on campus would improve the health of the community," he said.

Arani said he feels as though the best way to deal with a student smoking on campus is through education. "The way we approach it is through education, in our classes we have students do some reading about the hazards of smoking." He emphasizes how the value of education can highly influence those who do smoke to stop. Over his 28 years teaching on campus he has seen a decline of student and even faculty smoking on campus.

Li does not smoke, but his roommates do. All seven of his roommates smoke, but they respect Li's choice of not smoking. "I don't smoke because I know the harmful effect of smoking goes beyond intoxication. In my own word, smoking is depriving your life," said Li. "However, as a friend, I always walk with them to smoke."

Li's friends always invited him to come smoke with them. He explained how although he did not participate in the cigarettes just him being there with them was fine. They went out at least once a day, the more stressful school got, the more often they were out there. "I asked one of my friends why he smoked, and the answer was about the study pressure and addiction," said Li.

He agreed that this was a time to destress with the people they trust, being so far away from home these groups are what they need. "My friends know it is prohibited on campus, but it is hard to them to find other locations to smoke [because of the distance], other than outside of Cashman,"Li said. "What they do to respect the campus is that they always make the best of disposing of our cigarettes after."

> **"International students are unfairly targeted by the rule."**
>
> -Doug Babcock, Director of Public Safety

Yaya Iida is a transfer student from Japan. She started smoking cigarettes because of her ex-boyfriend. "The first time we were dating, he just passed the cigarette to me." said Iida. However, it had turned into an addiction that she faced daily. "I smoked for 2 years."

"I definitely know it is unhealthy. My aunt passed away last year because of lung cancer. At that moment, I wanted to quit smoking, but I just can't because of my friends," Iida stated. "Every time my friends asked me to smoke , I would say no," said Iida. "ut they just 'force' me to smoke with them, and then I surrender. my determination is not strong enough."

Iida also mentioned that the most important part of smoking to her was making friends. She said, "Most of my friends both in Japan and St. Michael's are smokers."

Due to both the smoking addiction and "smoking-free" sign, Iida changed her smoking patterns. "I will feel guilty smoking in front of the signs, but I would choose to ignore them. Sometimes, however, I will smoke away from the campus for respecting the policy," Iida said.

When asked how to improve the smoking-free policy, she said, "I think it's unfair. I hope the school could set up some smoking areas or some litter bins, so the smokers will go to the smoking area and not influence others and the environment."

The Bergeron Wellness Center is having a Great American Smokeout. Thursday the 15th come into the center to pledge to quit smoking for a day! To help there will be information about local support, along with day's worth of nicorette gum.●

The magic behind the cards

By Megan Friel
Staff Writer

PHOTO BY LUKE TANCREDI

Daniel Change '20, Eli Brown '21, and Sam Berry '22 play a three-way game of Magic the Gathering in Durick Library during a study break

On a recent Wednesday evening, in Room 208, three students hunched over a table, eagerly awaiting their next tum in Magic The Gathering, a popular trading card game involving monsters, wizards, traps and spells. Between bursts of laughter and quick snippets of conversation, there is no place they'd rather be.

Magic The Gathering began in the early nineties, and continues to thrive in the present-day digital era. The card game made its way to Saint Michael's College campus this year with the help of Laura Crain, the associate director for collection services at Durick library, who now runs the game nights every Wednesday from 6:00 PM to 7:30 P.M. Crain first birthed the idea in trying to find different ways to reach out to a wide array of students.w

"Magic is a very welcoming game, anybody is welcomed to the table, it's creative and fun," said Crain. "It appeals to a wide swath of people. One idea was different study breaks that the library sponsors. We decided let's create the study breaks, and have students come into the library to work and study, and they can take a break and play Magic."

The game involves playing cards designed with decorative art, from wizards to warriors, that can be traded, but are mostly used for play. Magic works turn to turn, while trying to summon creatures and use them to attack your opponent. The easiest way to win, says Daniel Chang '20, is to take your opponents' lives.

"The easiest way to win when you're playing against other people is when you're playing in a normal format, everybody starts with 20 lives," said Chang. "You have to get the other player down from 20 to zero. You can do that by either attacking them with creatures, or attacking them directly with spells that do damage."

> **"I think people are looking for opportunities to get together in person."**
>
> -Eli Brown '21

PHOTO BY LUKE TANCREDI

Daniel Chang '20 plots his next move while battling an opponent in a game of Magic the Gathering

The game can be played with two or more players, but typically no more than five. To an outsider looking in, the game can seem confusing, but to players like Eli Brown '21, who has been playing for a little under a decade, he is right in his element.

"In the game, you're kind of like a wizard," said Brown. "You cast spells, you cast creature spells, you can cast enchantment spells. Basically your creatures fight for you on the battlefield. There's a lot more intricate rules but basically you use your creatures attack and defend, and you can use equipment to power up your creatures. You can trade them, but mostly you play with them."

Despite online games becoming increasingly popular in the last decade, Magic the Gathering has kept a steady fan base. Michael Pidgeon, an employee for Green Mountain Sports Cards and Gaming in Essex Junction, has been playing for years.

"There were different time periods where it felt like Magic was about to die out," said Pidgeon. "People kind of left, the cards weren't as exciting, and then when Urza's Saga [an expansion of Magic the Gathering] came out during that lull. It was a time period where those cards are so expensive now that people are kind like, 'Oh, wow, this kind of boosted it back up."

SMC players such as Chang, Brown, and Sam Berry '22 say they continue to play because of the the social aspect the game brings.

"There's definitely an in-person aspect to the game that you don't get when you're playing video games," said Chang.

"The social aspect definitely adds," adds Brown. "We talk during the middle of games and it's really nice."

While there is an online version of Magic, the in-person aspect remains one of the main attractions for players.

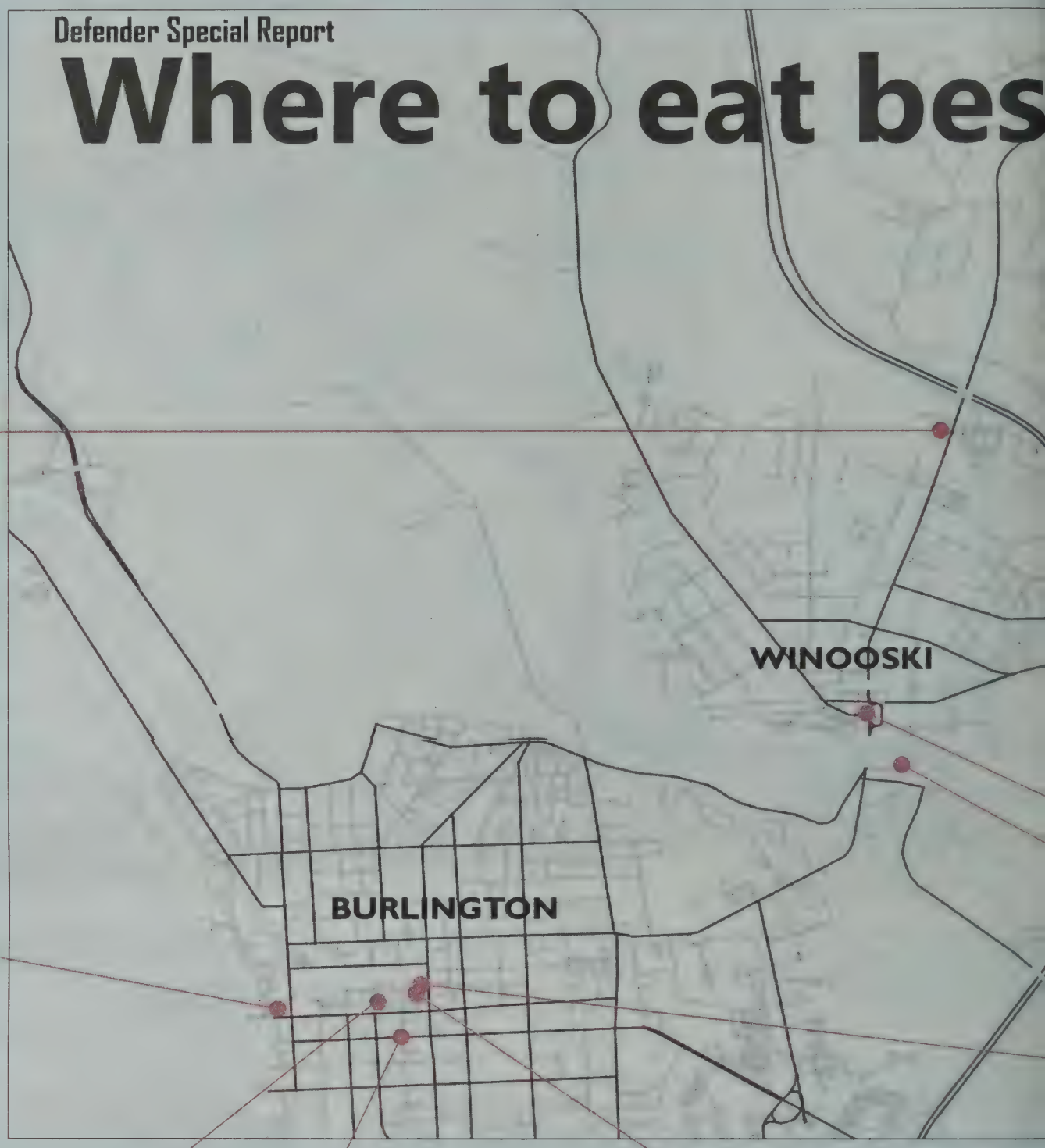
"It gives people a common language and it gives people something to talk about socially," said Crain. "It takes some of the pressure off social situations. I think people are looking for opportunities to get together in person."

Magic the Gathering game meetings have given students interested in playing an outlet to play, relax, and meet new friends. Magic The Gathering game meetings have given students interested in playing an outlet to play. relax, and meet new friends.

"It's a way to relax, but it's also a way to communicate," Berry said. "Instead of sitting on your computer playing video games, you can talk to other people while playing. It's like play therapy. There's a reason that works, right?"

Defender Special Report

Where to eat bes



Athens Diner
Breakfast & Brunch
4 stars
46 Highpoint Ctr. | Colchester

The Skinny Pancake
Creperie
3 Stars
60 Lake St. | Burlington

The Friendly Toast
Breakfast & Brunch
1 star
86 Saint Paul St. | Burlington

THE DAILY PLANET

The Daily P
American
3 stars
15 Center S

Manhattan
Pizza & Pub
3 stars
167 Main St. | Burlington

des Church Street

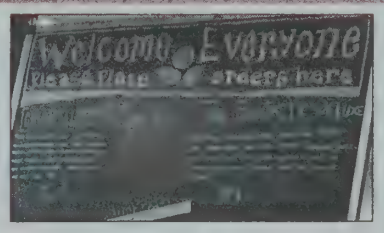
See pp. 16-20 for REVIEWS

Piecasso
Pizza
3 stars
1899 Mountain Rd. | Stowe

rlington

Revolution Kitchen
Vegan
4 stars
9 Centre St. | Burlington

Our House Bistro
American
NEED STARS
36 Main St. | Winooski

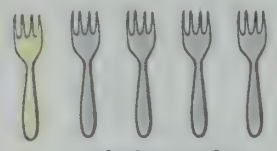


Pingala Cafe
Vegan
3 Stars
1 Mill St. | Burlington

Two meals later, Friendly Toast is toast

By Lily Bonadies
Contributing Writer

The Friendly Toast
86 St Paul St, Burlington, VT 05401



1 fork out of 5

PHOTO BY JACK DONAHUE

The Friendly Toast diner front opening in the afternoon between 4:00 to 5:00 PM.

Orange and green tables sit expectantly outside the restaurant with flowers that drape over a little courtyard patio. I am here with my roommate. It overlooks a small, quiet side street in Burlington, Vermont. Seeing the bright tables and flowers all lined up outside got me excited. As I walk into the Friendly Toast the excitement immediately disappears out of me. It goes from a colorful modern look outside to a disturbing, overly cluttered explosion of 1950s retro décor with crowded glitter sparkle tables and chairs.

On our first visit, the hostess sat us right away. Our waiter enthusiastically described the menu. The menu of typical diner fare containing egg dishes, burgers, sandwiches, and salads. Prices for entrees cost $12 to $14 dollars. Feeling adventurous, I ordered the Red's scramble described as a "scramble with pulled pork, bacon, onions, peppers, cheddar cheese and a drizzle of BBQ sauce." It came with a side of home fries and toast. Also, I ordered a watermelon cocktail. My roommate ordered an egg and parmesan skillet.

The watermelon cocktail stimulated my taste buds not too sweet with a refreshing finish that did not have an alcohol aftertaste. Unfortunately, Red's scramble does not match up to the watermelon cocktail. Rubber bands of pink chewy pork made my jaw hurt and the sweet BBQ sauce overwhelmed the nicely cooked eggs. The home fries came covered with a salty herb flavoring straight from a premade seasoning jar. The toast is more intimidating than friendly.

In contrast, my roommate`s dish came with perfectly cooked broccoli, onions, mushrooms and peppers laid on pillows of eggs and delicately sprinkled with parmesan.

The Saturday crowd on our second visit gave the restaurant some needed energy. Despite the crowd, our wait staff, once again, came through with friendly and efficient service, seating us after only a ten minute wait. I stayed conservative this time and ordered a classic. Our grilled cheese sandwiches arrived looking typical, with whole wheat bread and a generous amount of Vermont cheddar cheese.

The waiter, immediately replaced our dishes after noticing a few hairs on the side of the plate. Apologizing profusely, our new grilled cheese sandwiches came rather quickly placing-doubt in our minds as to whether the food was simply shifted to new plates.

I tried to get over our hairy experience and took a bite of the grilled cheese. I was willing to push hygiene concerns to the side and give friendly toast the benefit of the doubt.

But nothing disappoints a diner more than a filthy bathroom. The bathroom was strewn about with used paper towels, toilet paper of the rolls, and muddy footprints.

The website contains rave reviews, but they were not consistent with my experiences. My roommate`s egg dish deserves credit as does the watermelon cocktail. However, the restaurant disguises its average quality food by over salting it. Plus, the complicated menu makes it hard to choose your entrée and the description of the entrees do not meet your expectations.

Burlington has many restaurants that serve nachos, burgers, and egg dishes. Friendly Toast does not try to make itself standout amongst the many college town restaurants.

SAINT MICHAEL'S
GRADUATE PROGRAMS

BECAUSE
REPUTATION
MATTERS

With flexible, personalized pathways, our graduate programs offer a varitey of options to make the most of your masters degree.

There is no better place to get your masters degree than

SAINT MICHAEL'S COLLEGE.

EDUCATION
CLINICAL PSYCHOLOGY
TEACHING ENGLISH TO SPEAKERS OF OTHER LANGUAGES

SAINT MICHAEL'S COLLEGE FOUNDED 1904
GRADUATE PROGRAMS

Contact us today to find the program that is right for you.
smcvt.edu/graduate graduate@smcvt.edu 802.654.2100

Athens on the hill: Big portions, friendly folk

By Alyssa Breunig
Contributing Writer

Step inside Athens Diner and you instantly feel nostalgic. The radio's old school soul songs harmonize with the clanking of dishes creating the ultimate warm and welcoming diner ambience. The classic, narrow one-room metal dining car was a digitally operated jukebox, a black and white tiled floor, and a snug countertop with red chrome swivel stools. Sitting perfectly on top of High Point Ctr. hill, Athen's Diner piles on the oversize comfort food in an intimate, classic diner-style atmosphere

Walking in the front door, my friend and I were immediately greeted by a friendly, older woman. "Welcome to Athens!" she cheered happily. The place was packed for an early Friday afternoon and with customers of all ages. We passed the high-top diner go-ers who seemed to have been regulars, engaged in conversations with the waitresses behind the counter. We fell into the vintage, worn in cracked seats and began to examine the menu. The retro mom and pop establishment features standard diner fare with a Greek twist. The four page, all-day menu includes a handful of omelets, Belgian waffles, sandwiches, and Greek entrees.

Our fun and energetic waitress immediately welcomed us. In fact, I began to notice how friendly the environment is. Our waitress returned with our drinks and soft clouds of steam rose from my coffee. The aroma of fresh ground diner coffee filled the air. Lightly roasted, the coffee warmed my mouth, mellow and flavorful. Easy-drinking on its own and delicious with milk and sugar.

I ordered the "Little Athenian" ($10.95) and my friend ordered the Irish Eggs Benedict ($10.25). Regardless of the packed house, our food arrived within ten minutes. In my several visits at Athens, the service is quick and efficient.

The three plates were gently placed in front of me: one for my toast, one for my bacon eggs and home fries, and one for my pancake. On another plate butter seeped elegantly through crisp, golden bread. At last, the wafting aroma of warm powdered sugar.

My friend's plate, the Irish Eggs Benedict looked picture perfect. Two poached eggs, corned beef hash, over a grilled English muffin, topped with Athen's own delicious hollandaise sauce served with home fries. The egg was poached so delicately. The hollandaise was piled on thick. The corned beef hash looked as tender and juicy as it tasted. The crispy thin slices of the English muffin held the masterpiece together.

Our breakfast lived up to its hype. My meal so simple, yet mouthwatering. The cheesy eggs were soft and fluffy. The home fries tasted as good as they looked. Their warm golden skin slipped off leaving the taste of steaming potatoes. For sure, this mountain of food could feed two. The tender and delicious buttermilk pancakes had an extravagant taste. The first flavor to unfold on my tongue was the sweetness of the syrup, quickly followed by the delicate, buttery flavor of the pancake itself. I scooped up another bite to replace the one which was quickly dissolving in my mouth, and then another.

Before I knew it, all that remained on my plates were dribbles of syrup and the crusts of toast. The only thing I didn't care for was the toast, which could partly be due to the fact that it was the last thing I tried. I was so invested in my delicious entree that I completely forgot that I was not alone. My friend and I were stuffing our faces with so much food we barely even said a word to one another. You could definitely say breakfast left us speechless.

For sure, the food is what creates the overwhelming hype, but we cannot forget about the companionable employees that treat you like family and cozy ambience that brings you to your home away from home. This is what keeps their customers coming back. At Athen's, they make sure breakfast is the most important meal of the day.

Athens Diner
46 Highpoint Center, Colchester, VT

A cozy morning at Skinny Pancake

By Megan Robinson
Contributing Writer

On a beautiful crisp fall Saturday morning, my parents took me out to breakfast in Burlington at the restaurant of my choice.

Easy. One of my all-time favorites- The Skinny Pancake where soft dim lighting creates an intimate feeling so relaxed I want to wrap myself in a blanket and drink warm coffee until I fall asleep.

Menu choices cater to all types: omnivores, herbivores, breakfast all day, lunch and dinner options. The line moves quickly which forces you to think fast and order at the counter.. I ordered my usual - the Lovemaker ($9) one of the sweet crêpes. My dad settled on the Noah's Ark ($11) a savory crêpe and my mom ordered the Johnny Crepe ($13) under lunch and dinner options. My iced coffee is by far the best coffee I have ever tasted. The fresh roasted coffee beans were chilled just under freezing. No need to add cream or sugar. Simply black.

We debated whether or not to stay outside in the brisk weather and lasted only 20 minutes until the yellow jackets swarmed us in circles. We moved inside to a wooden table that had the smallest flower poking its petals out of the glass vase in the center of the table. The food runner politely brought our meals outside and placed the food in front of us.

This being our first meal of the day each bite tasted ten times better than we anticipated.

The Lovemaker, filled with fresh delicate strawberries and creamy chocolate, a beautiful balance, arrives perfectly placed on the square white plate right beside a pile of melted whipped cream. Powdered sugar sprinkled on top gave it a hint of sweetness. I don't want to dig my fork and knife in because I don't want to ruin perfection. Twenty minutes later, I slithered my fork across my plate to get the last bit of chocolate and whipped cream. The rest of the meals are going to have to work just as hard to be able to compete with this one.

My dad liked his crêpe filled with eggs, crispy bacon, two cinnamon sugar sweet crepes, and a side of VT maple syrup so much he licked the plate clean and eventually moved onto helping my mom finish her meal: VT pulled pork, caramelized onions, Cabot cheddar cheese, and sweet maple barbeque sauce.

I returned a week later to have lunch with my sister to unwind our minds and take a break from school work and all the other demands life throws at us. I absolutely love breakfast food, so the fact that breakfast is served all day is a big deal for me. But, lunchtime called for something more on the salty side: the Early Riser ($7). Unlike the last meal, I'm paying for this meal out of my pocket, so it NEEDS to be affordable. My sister ordered the Heady Burger ($13). There's nothing unique about ordering a burger from a restaurant known for its crêpes!

It was pretty busy for a Wednesday afternoon. Most of the tables in the restaurant had been taken. My sister and I caught up with each other's lives, focusing on topics other than school. We wanted to enjoy being off campus for a short period of time and escape everyday demands. Our food came out about 15 minutes later, which felt quicker than it had really been.

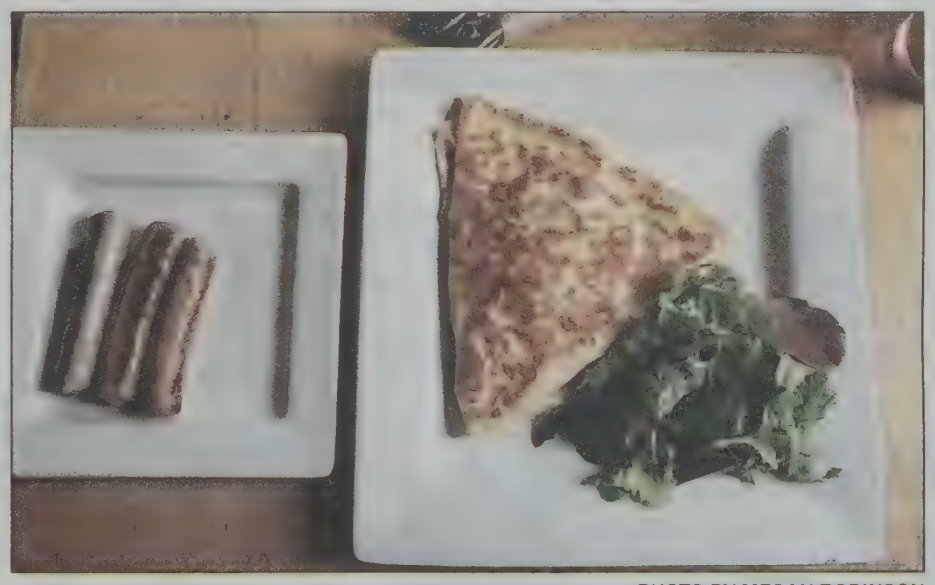
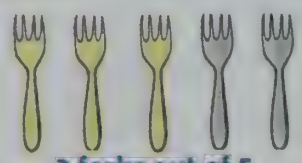


PHOTO BY MEGAN ROBINSON

My first bite was as smooth as frosting a vanilla buttercream homemade cake. Two fresh cage-free eggs and Cabot cheddar were wrapped like a blanket in a buttery French crêpe. Surprisingly, I enjoyed the small side of mixed greens, drizzled with light vinaigrette dressing, adding a hint of lime and the maple brown sugar sausages more than the egg filled crêpe. I loved the fact that the sausage links had defined grill marks which means they were cooked for a longer period time on the grill. Time was ticking which meant it was time to get back to reality.

I slurped the last bit of coffee down making that annoying noise and clanking my straw against the ice cubes. With a few bites left on my plate, I left the unfinished crêpe and cut up sausages on the table. Not being able to finish that meal is about the same as me leaving a $5 bill on the table... and let me tell you, $5 can go a long way. I will return soon to enjoy my Lovemaker yet again.

The Skinny Pancake
633 Main St, VT



Experience the heart of the city on the corner of Church and Main

Local favorite provides an escape

By: Garrett Finn
Multimedia Editor

Filled with excitement for what the afternoon had in store, I headed toward Manhattan pub with my roommate to grab lunch and watch the Patriots game last Sunday. A rumor floating around Burlington asserts that Manhattan Pizza and Pub, popularly known as Hatty's, has a good deal on mimosas. This sounded like the perfect way to ease the Sunday scaries while watching the Pats game, so we waltzed down Church Street and headed for the pub.

I had been here once before, on a recent Friday to see some friends who graduated St. Michael's last year. I knew what kind of food they served here; standard bar food, options off the grill, and pizza. The crowd that night collectively sounded like one big sigh of relief from the long stressful work week, loud, in a good mood, taking a load off.

At this point, Hatty's gave me the vibe that recent college graduates escape there mainly to drink and socialize. People go to enjoy their pool tables, music, and the 20 beers that they have on tap, not necessarily to eat high quality food, but the restaurant provides a good variety of food options, and people take advantage of that.

Prior to arriving on Sunday, I expected a quieter crowd than I saw on Friday, but assumed there would still be some life because of the football game. I walked in through the two front doors and to my pleasant surprise I saw no line. On Friday night, the line pushes back to the door creating some congestion in the entrance area.

The cashier welcomed us and started to take our orders. The wooden bar wraps around to the front door to make a seating area with high tops. I walked in behind my friend and watched as he leaned against the bar to inquire about the mimosa deal. The bartender explained that a pitcher of mimosa costs 15 dollars.

The combination of my pulled pork sandwich and the mimosas provided me with the blockade I needed to forget about the Sunday scaries.

We decided we'd split a pitcher of the mixture of champagne and orange juice. He paid for that, and ordered us pulled pork sandwiches. Once he finished, I ordered the same sandwich. As soon as we sat down I saw one of the bartenders fixing up our serving of mimosas. She placed the plastic pitcher on the bar, poured a full bottle of champagne into it, and topped it off with a sip of orange juice. The perfect ratio to make the 15 dollar pitcher worth it. She brought it out with two glasses, I picked up the pitcher and began pouring, the fizzly concoction hissed as it ran down the side of the cup.

My pulled pork dish came out shortly after, I held up a fry and the flop warned me that I might be dealing with a soggy situation. I dipped it, hoping that the ketchup would mask the sogginess. I moved on to the pulled pork. My first bite caused a cracking across the surface of the crunchy bread. The soft, stringy pulled pork burst with barbeque flavor. The pork packed together with a perfect consistency, but the barbeque flavor dominated the assortment to compliment the texture well. I looked down at the bubbly mixture in my glass and took my first sip.

Low quality pub champagne crystallized on my palate as it overpowered the orange juice. It washed down the first bite effectively, and every bite following that one.

That Sunday, the combination of my pulled pork sandwich and the mimosas provided me with the blockade I needed to forget about the Sunday scaries and hold onto the final hours of carefree weekend enjoyment. Hatty's provides its patrons escapism no matter who they are. The friendly staff, lively crowd, and positive vibe creates a stress free fun environment where people can go to eat, drink, and socialize. ●

Manhattan Pizza & Pub
167 Main Street, Burlington VT

3 forks out of 5

Dining on a different planet

By: Nettie Hoagland
Contributing Writer

On a bustling Friday night, my date and I crossed our fingers to find a place to eat in Burlington. Somewhere different. We found ourselves dining on a different planet, the Daily Planet: a sidestreet restaurant in downtown Burlington.

We were sat in the solarium, the smaller and more tranquil of dining rooms, the restaurant also offers seating in the bar room and intimate dining room.

It was a cozy table surrounded by sprawling windows and candle light. We smelled garlic and rosemary wafting from the kitchen. We relaxed with the echoes of live acoustics and felt each other's company under the hanging ferns and golden light.

On the drink menu you'll find a variety of different styles and tastes with a Vermont bond. The cocktails sound more foreign, like the "southern manhattan" with house-infused peach bourbon and the after-dinner drinks with cream and chocolate liqueur. When the waitress asked for our drink order, my date kept it local and ordered the fiddlehead IPA sourced from the Fiddlehead Brewing Company in Shelburne, Vermont.

"I don't know what any of this is," my date whispered to me about the food when the waitress left.

I will admit, the menu excites more adventurous patrons like myself. Descriptions of "blistered" grapes and "maple-braised" pork belly introduce patrons to the pleasures of creative culinary. Truffle oil and herbs transform the simplicity of french fries. Molasses buttermilk or whiskey bacon jam, your choice of sauce, replaces the bottle of ketchup. The transformative chickpea burger with smashed avocado sounds like it belongs in a west coast co-op.

My date prefers simplicity. He went with the Cajun mac n' cheese blended with a creole spice, skeptical about its exotic reconstruction ($9). I melted into the lure of gnocchi caprese, ($15). My experience with gnocchi, a type of potato pasta, rarely amounts to more than dumping the package into a pot of boiling water and lathering in tomato-paste. But gnocchi caprese, with garden tomatoes and basil-blended pesto warmed my imagination. I topped our entrees off with a side of parmesan herb fries, ($7).

The waitress returned and we ordered our entrees and side, then swayed to a guitarist strumming in the bar room. A crowd in their twenties kept the bartender busy and the night young.

Suddenly, the waitress appeared with a basket of bread, olive oil, and two warm plates. I drenched a slice in olive oil which made its light center droop like a raincloud. Raindrops of oil fell onto my plate, as I held the slice in front on my face wanting to love it.

But our entrees saved the night. Mozzarella stuffed potato gnocchi melted into my ceramic bowl, garnished with plump tomatoes that looked like rose petals. Balsamic drizzled the potatoes. I twirled my fork through the creamy pesto sauce. I lifted my utensil, and watched the mozzarella drip like a over-roasted marshmallow. A zing of basil and tang of balsamic complemented the heavy butter, and cheddar flavor. The harmony between herbs and melty mozzarella had me humming an Italian melody for the rest of the night.

A full plate of oven-baked fries, coated with white puffs of parmesan, looked more like an entree than a side. The fries, a perfect crispness, glistened a golden brown color. Seasonings of rosemary and italian herbs jazzed up the flavor. Few french fries make great leftovers, but these came home with me.

I couldn't resist my date's cajun mac n' cheese steaming in front of me. I twirled the velvety, yellow cream around my fork like a wand of cotton candy. The sharp cheddar belonged in a Vermont restaurant. Cutlets of smoked maple bacon, folded into the cheddar and noodles, added a different crunch. The bacon's smokiness added to the bold zing of cheddar. The Creole seasoning of ceyanna, oregano, basil and thyme, tasted a like New Orlean's day parade.

So many flavors left me pondering the chef's creativity. The music in the bar room grew livelier but our company in the solarium assumed an air of calm. The waitress sauntered through the dining room in no hurry to end our night. We too wanted to stay on this planet.

The Daily Planet
15 Center Street, Burlington VT

3 forks out of 5

Two local restaurants prove vegan food can satisfy devotees and carnivores

By Maggie Nevens
Contributing Writer

Revolution Kitchen

I came to Revolution Kitchen with an extra challenge...to impress my steak and eggs loving boyfriend, who scoffs at every vegan meal I make him try. All I wanted was a "this is delicious" or even a simple "yummy" and I would never let him live it down. It would become the end of the countless arguments of "But don't you miss bacon and cheese... they're so good." Revolution Kitchen's impressive reputation holds countless vegetarian awards by using mostly local produce. If they couldn't impress him I'd have to give up.

The busy inside contrasted the quiet and empty Pingala. Revolution Kitchen sits inside an old garage on Center street that opens up on warmer nights. You first walk past the open and very tiny kitchen whose workers might glance up to welcome you with a hello. The rustic inside, old glass windows, and dark candle lit room creates a romantic environment.

We started with the guacamole filled wontons ($9) with black beans, a dollop of cashew cheese, and pea shoots to top. The crunchy wonton held the dense and creamy guacamole that broke apart upon impact. The smoky black beans accompanied by the sweet cashew cheese swirled together, like a whole taco in one bite. Our only criticism focused on stingy portions for the high prices. The four medium sized wantons, two for each of us, barely dented our pre-dinner hunger.

The service was very attentive and warming. We had a main server then multiple members of the waitstaff helping out. I never once looked around searching for assistance. Our lovely server relayed all the specials and beer and wine lists without a hitch. However, later on my partner's main dish got mixed up for a thai stir fry hindering the almost perfect service.

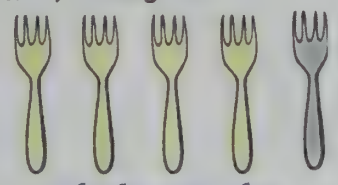
When he finally received the mozzarella and red pepper ravioli ($17) after five more minutes, he was unfortunately disappointed. He poked at the undercooked ravioli containing the chunk of mozzarella that refused to melt apart. He wished to switch his oily and tasteless sauce for my lemon and caper dressing. This almost shattered my dreams of changing his stubborn mind. Barely able to finish his meal, he snagged some bites of mine to take a break from the disheartening crunchy ravioli.

My dish, the seitan picatta ($18), became the star of the show. The use of fake meat is usually for extra texture and pizazz to throw into a stir fry or for veggie sausage on the side. However, Revolution Kitchen's bold move of using a gluten cutlet as a centerpiece shows confidence in their recipe. The seitan picatta laid delicately over a pillow of stark white mashed potatoes. The crispy sear held in the smoky flavor. I could pull apart the cutlet with a slight tug of my fork experiencing a tenderness that seitan rarely achieves. The delicate inside melted into a warm blanket that held the light lemon and caper dressing.

So far my mission was not complete. Unhappy with his main dish, my boyfriend did express small gratitudes for the guacamole starter and seitan piccata sauce. While we debated whether the dessert was worth it, I knew this was my last chance to impress. We went for the maple cake that arrived with maple syrup drizzled over a golden fluffy slice lightly covered with an airy vanilla frosting and dusted with baked pecans. I tried it first and looked at him with intense and wide eyes. The spongy cake holds the Vermont maple that dissolves instantly like a sugar maple candy. The almost unnecessary vanilla frosting acts as a glue for the crunchy pecans. The cake was a winner and as soon as he saw my look and dug in he exclaimed, "This is the best cake I've ever had." No eggs, no butter, no milk; just a little slice of heaven that needs no explanation or vegan label.

Revolution Kitchen's rule breaking seitan piccata truly upgrades the standard of sophisticated and creative vegan meals. The magic behind the restaurant's outstanding reputation lies in their ability to lure even the most stubborn of customers.

Revolution Kitchen
9 Center St, Burlington VT



4 forks out of 5

Pingala Cafe

You know you are at Pingala when dozens of yogis with their multicolored mats and lulu leggings walk past you as you're sipping on your "Berry Bliss" smoothie. Its yogi charm and laid-back vibe attracts the casual customer. The restaurant itself sits right next to the roaring Winooski river that you can view through giant old windows.

I went to Pingala with a fellow vegan friend. She happens to also be highly allergic to almost every kind of nut, adding an extra challenge to find accommodation. The restaurant's silence created an awkward space shared with only one other couple in the room. The underwhelming initial atmosphere suggests that maybe lunch and breakfast are their specialties. Two of the three specials were out for the day, so we both decided on the special siracha and maple glazed veggie burger with dumplings to start.

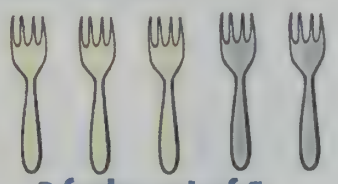
The broad menu contains a large amount of smoothies, from "Peanut Butter Jelly Jam" to "Green is Good", a great breakfast lineup with everything from rancheros to benedict, a few appetizers, some veggie bowls, and sandwiches... all ordered at the counter. Pingala takes its inspiration from food trucks and they even travel to festivals and gatherings with their broccoli bar.

All of our food came at once so we had to let our delicious looking burgers sit while we tried the dumplings. The amber glaze laid upon the six medium sized translucent dumplings ($8.75) with sprinkles of chives and nutritional yeast. The tender texture inside created more of a firm vegan meat rather than a bundle of hard veggies. The sauce had small pepper flakes that struck me with their strong Szechuan flavor. The heavy dumplings alleviated the small sting of spice. The rubbery skin of the dumplings were more like a thick pasta than the admirable delicate dumpling shell.

The veggie burger's ($12) local sandwich shop vibe came with greasy potato chips and a pickle all contained in a crinkled basket. We dived into the burger and quickly found ourselves unable to put it down. The Sriracha and maple glaze was as sweet as it was savory. The burger itself emulated the dense texture and crispy outside of a grilled meat patty without the blood. I would argue that Pingala's homemade burger could easily compete with the infamous and frozen Beyond Meat and Impossible Burger, a staple for most vegans. The thick top layer of garlic herb aioli cooled down the Sriracha spice. I would add this aioli to any sandwich or even dip some crackers in as a tasty alternative to goat cheese or cheddar. While I am a huge avocado fan the smear almost felt unnecessary compared to the aioli. The siracha and maple glaze burger's creative flavors and textures satisfy my craving for a savory burger that goes beyond bland.

For a casual bite I would highly recommend Pingala but bring a book with you to save yourself from the often unimpressive ambience. If you're willing to drop some cash on a night out, make a reservation to Revolution Kitchen and stay for desert...you won't regret it.

Pingala Cafe
1 Mill Street, Burlington VT



3 forks out of 5

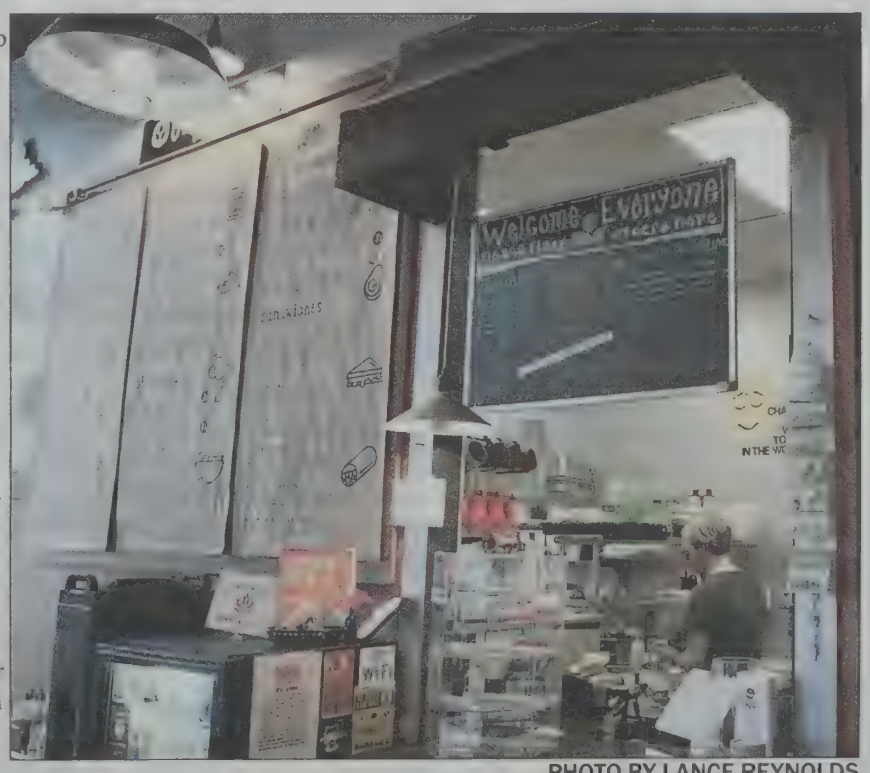


PHOTO BY LANCE REYNOLDS

Pingala Cafe, nortoriously known for its extensive vegan menu, sits nestled against the Winooski River in Burlington, VT.

The "Local's Pick" that shouldn't be

Sarah Carlson-McNally
Contributing Writer

On a dark and stormy night my partner and I traveled into the mountains to lust for snow in the midst of autumn over some slices and craft brews. Piecasso, an outdoorsman's staple in Stowe Vt., specializes in hot slices for five dollars with one bottled beer included. Friends raved about the hot slice and cold beer combo after a day on the mountain. The quality of the meal all depends on what kind of dining experience you're going in for.

Opening the door on the funky patio, tourists poured out and we weaseled our way up to the hostess. "It's a 20 minute wait," she said, so we opted for the crowded bar.

We wedged our way into the only two open seats. The bar bubbled with chatter as the two bartenders ran scattershot. "Can I get you guys some drinks?" she offered.

Sipping my beer I happily roasted in the aromas of the après ski lounge, allowing my eyes to peruse. Between customers bobbing about with their slices and stouts, sculptural paintings protruded out of brightly colored walls.

Garlic knots paired well with the ale. I plopped my first knot into a side of chunky marinara and quickly took the first bite. A greasy snack made better by an assortment of fresh, savory spices, but mozzarella hugged the doughy knot a little too tightly. Crispy at first bite, I felt myself wishing for something meltier to wallow in, and I continued wishing for more throughout the meal.

The restaurant stood still while I melted into the first bite of the soft veggie wedge. The onions released sweet gentle flavor while the basil took the lead in decadent simplicity. The garlic camouflaged itself amongst the veggie smorgasbord and surprised me with a crunchy bursts of fresh flavor.

The meal ended as my happy belly and I sunk heavily into the depths of the barstool. But the check, $65 with additional seven dollar tip, left my student wallet drained. The food may have hit the spot, the price didn't match the meal.

On a crisp, cool afternoon a friend, very fond of the tiny town of Stowe, suggested a leisurely trip up to the mountains for a long dinner; Piecasso round two.

We opted for the chance to pick up a couple quick slices, and hoped to make ourselves comfortable at a table with beverages and some appetizers. But after being hurried away from the slice stand by a woman at the register, we thought the hostess might understand the casual meal we were looking for. When we requested slices and a seat, we got a funny look. It was clear that what we had in mind was not going to be accommodated.

The crisp mountain air eased our frustrations and encouraged us to sip our hoppy ales. We rubbed our hands together, eager to order our first treats. I worried as I watched a couple next to us immediately send their appetizers back to the kitchen.

After the long awaited return of our server, we placed our orders. When our server returned for the third time, I decided to finally hint at the lack of silverware on the table. She sauntered away unbothered as she remarked, "Yeah, you should have that."

Spinach artichoke saved us from the never ending confusion. A fluffy dip disguised like thanksgiving mashed potatoes sat patiently next to carefully arranged slices of rustic hummus flatbread, begging to be dipped. The cloudlike dip went perfectly with our other choice.

While I picked my companion's brain as to why no one understood our request for a couple wedges and a table, I noticed a couple next to us receive their pie, take a bite, and shake their heads in disappointment. As they asked for a box to go, our pizzas arrived.

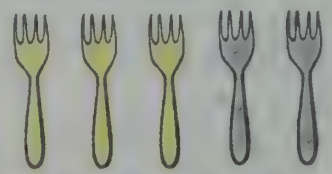
The Picasso, a white base pie didn't live up to its description. The mozzarella was overcooked and the ricotta spare. The sauce wouldn't have been as disappointing if the toppings didn't fall so flat. Fresh tomatoes and basil couldn't make up for the lack of flavor. Where were the spices?

Perhaps it was the lack of helpful or tentative service that night, but the pies fell as flat as the accommodations. Signs read "Local's Pick!" along a wall near the hostess stand, and it seems like it's getting to Piecasso's head.

The price doesn't suit the overly-hyped local's joint. If you're going to request a server, expect a Stowe-priced meal.

Skip the sit down. Grab your slices, and if the bar screams "standing room only!", head back to the hills for a more authentic experience.

Piecasso
199 Mountain Rd, Stowe, VT



3 forks out of 5

"Best comfort food" lives up to expectations

Lindsay Ryan
Contributing Writer

On a cold Wednesday night I decide to get comfy in Our House Bistro, voted best comfort food by Seven Daisies three years in a row. They famously serve macaroni and cheese, a dish so simple, yet their complex dishes don't know the definition of simplicity.

Records decorate the walls like posters in a teenager's room. You can't look anywhere without seeing antique lunch boxes. It feels like I have walked into someone's home, not a restaurant in The Winooski Circle.

My server brings me to a high top table where I sit alone and have the opportunity to take in everything around me. Dim lighting relaxes me. My water sits in a frosty mason jar, giving me a vintage vibe.

The menu is divided between vegetarian options, seafood, and meat options. They even have a seasonal Pumpkin Mac for autumn. I decide to order the BBQ mac which has the option of chicken or pulled pork, with red onion, BBQ cheese sauce, and is topped with fried onion strings and a BBQ chicken wing or pulled pork.

My waitress, a young girl in her 20's serves me my food with a smile. She has tattoos, piercings and blue hair which I love seeing, knowing that the owners of this restaurant don't discriminate people based on their personal appearance.

An aroma lingers out of the spiral noodles. The onion crisps top the meal like salt and pepper on french fries. The flavor and consistency remind me of skinnier, less-processed Funyuns, onion-flavored cornmeal snacks that remind me of my childhood.

As I slice into the crispy coating, steam frees itself and I discover the lush core. The soft and creamy noodles from the inside juxtapose the baked macaroni on the outside in a perfectly harmonious way. A little hint of pink from the BBQ sauce mixed in with the cheese catches my eye.

Despite how delicious it looks, the amount of food is overwhelming. The pork and noodles balance atop this mountain of food like tightrope walkers. One wrong move and the whole composition could go tumbling down.

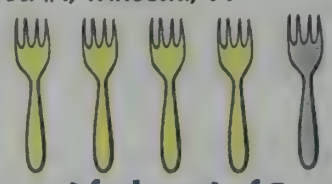
A large piece of pork about the size of a golf ball refuses to be cut easily atop the delicate macaroni noodles. Nonetheless, once I managed to cut it, the tender pork made the struggle all worth it. The pork added a rugged texture to this typically soft meal. The cheese strings away with the fork for every bite I scoop. I get the same satisfaction from this as I do ripping apart a grilled cheese or mozzarella stick but with every bite.

Barely half way through my meal, I get full. The savory sweetness stares at me and I want to continue, but the thought of eating this for lunch the next day excites me even more. I ask my waitress for a to-go box, and she comes back with it already boxed up along with the date and a little drawing of their logo. I return on Sunday with two of my friends. They don't make reservations at Our House, but if you call ahead they can reserve you a table if you arrive within the next 30 to 45 minutes.
We sit in a booth next to the bar which is filled with Our House workers on their break, smiling and having a good time. I can feel the friendly and comfortable environment Our House claims to have. I had a great sangria here a few weeks before but no longer see it on the menu. I ask the waitress about it and she happily has one made for me. Slices of lemon, lime, and orange decorate this light peach colored drink with a lonely cherry resting on the bottom. Much stronger than I expected, but the citrusy drink still refreshes me.

A waitress who was not serving us recognized me from a few weeks prior and offered to clear our plates. Overall, I feel very welcome in this small community.

Most of their food follows the guideline of crispy and hard on the outside and soft and comfortable on the inside. This restaurant is located in The Winooski Circle with lots of cars driving by and many other competing restaurants nearby, but Our House genuinely promises a comfortable and home-like environment on the inside.

Our House Bistro
36 Main St. #1, Winooski, VT



4 forks out of 5

PHOTO COURTESY JOE CONNELLY '86/SMC ATHLETICS

Lance Reynolds crosses the finish line at the NE-10 Championships on Nov. 4.

Crossing the finish line with miles to go

By Lance Reynolds
Senior Editor

The sun was shining, the air was crisp, and the grass was soft at Hopkinton State Fairgrounds in Contoocook, N.H. on Sunday, Nov. 4 when I found myself with the rest of my cross country team at the NE-10 Championships.

I put spikes into my racing shoes and my purple and gold uniform on, and prepared like any another race.

Deep down, it was much more than just a 'typical' race. It was the final race in my four-year tenure on the St. Michael's College men's cross country team. Not only did I have to endure through the physical challenges, I had to get through the emotional rollercoaster that this final race was.

Nearly 34 minutes after the starting gun went off, I crossed the finish line with my arms in the air in celebration of beating my past season's-best by nearly a minute and thirty seconds.

To finish the season with such a dramatic time improvement would have made anyone happy. For me, it was a triumph to not just finish my last race with a season best, but to have had the chance to compete on a collegiate team. You see, doctors urged my parents to steer me in the direction of non-athletic activities due to low muscle tone when I was a toddler.

I could not help but smile and throw my arms in the air when I crossed the finish line. I thought of all of the miles and workouts I ran with my teammates as well as all the friendships and the memories that were created from being a part of the team these four years.

But when my teammate of four-years congratulated me for such a splendid performance, I knew this was the end of the road.

I crouched close to the ground as sweat mixed in with tears realizing I was never going to experience the feeling of finishing a race for St. Michael's again.

There were moments when I could have given up. Being part of an athletic team comes with its challenges. When two of my teammates, who are among some of my closest friends, decided to quit in the middle of junior year, I really started to consider my purpose on the team.

I had been the slowest kid on the squad, usually in all workouts and all but two races, coming into this fall, and I did not go on a single run while studying abroad in Tanzania. Plus, the team was bringing in eight newcomers.

With all of this against me, was cross country for one last go-around really worth it?

Perhaps it would have been better for me to become a team manager, or to even abandon cross country as a whole, so I could enjoy a Vermont fall without team obligations.

At the same time, I began to think about everything that I had overcome to become a member of the team in the first place.

I was forced to use leg braces and take physical therapy and occupational therapy classes during early elementary school.In addition, my parents introduced me to therapeutic horseback riding to develop stronger muscles, and with it came the ability to play baseball and basketball throughout primary school.

Doctors urged my parents to steer me in the direction of non-athletic activities

But even with hours upon hours of preparation for high school baseball, tryouts resulted in failure. I wanted to be part of a team,during high school, so I turned to long distance events for the track and field team. It was awkward at first, but I quickly found a profound love for distance running.

Although I ran three seasons of cross country and two seasons in both indoor and outdoor track in high school, running competitively in college was never in my sight.

It was a month before moving into freshman year when I found myself on pre-orientation weekend (POW) at St. Anne's Shrine in Isle La Motte. I started to talk with the upperclassman leaders about hopes to be part of the school's cross country team.

A few days later, one of the runners told me the team would love to have me join

It was, arguably, the best decision of my life. By joining the cross country team, I entered a world of limitless possibilities. I feel like most of the things that I have accomplished in my time here at St. Michael's connect back to the cross country team, such as the people I have met, and the places I have visited. For example, if I never met one of my teammates, who has become one of my close friends, I never would have travelled to Ecuador and found a new passion of travelling abroad.

Although it was not that much fun to always be in the back of the pack, it was certainly fun to be one of two runners to have accomplished being a four-year member of the team. It was fun to bring my goofy and positive character to the team.

I kept all of these different things in mind when I ultimately decided to come back and be part of the team this fall for the final go-around: I had to give back to a team that helped me become the happy person who I am today.

When one of my teammates came up to me after my final race and told me that I was an inspiration to him, I responded to him, "Don't worry, I will be around in the future to run a few miles with you, guys." ●

Plastic straw charade: don't stop at #stopsucking

How the latest 'feel good' social media trend falls short

By Garrett Finn
Multimedia Editor

In the past six months or so I have noticed that restaurants, fast-food joints, and even Starbucks are taking environmental initiative by banning the use of plastic straws… and only plastic straws.

These businesses and the people who gravitate toward them have hopped right on their high horses about this new practice. They have a fun new way to promote environmental awareness by using #stopsucking on their social media posts, and all they had to do was drink their beverage without a straw.

People see trends like this and all of a sudden think we're moving in the right direction to save the planet. Sure, reducing any waste can help but why have plastic straws become the hero of the day?

Watching a video of a sea turtle struggling for its life because it has a plastic straw stuck in its nose is heartbreaking, and reason enough to stop using straws, especially when it was shared by your favorite movie star. However, our wildlife is dying from all kinds of change in their habitats, and the problem is much bigger than the 7.5 million little plastic tubes that are lying around America's shorelines.

7.5 million straws sounds like a lot, right? This makes up a whole 0.02 percent of plastic waste that is in the ocean. But no, let's forget about the other single use containers your strawless beverage will probably be served in. Let's forget about the unnecessary use of energy, water, fuel emissions, or the countless other unsustainable daily habits nobody will bat an eye at. You can even forget worrying about where all of our plastic is being sent to be dumped directly into the ocean.

Reducing any waste can help, but why have plastic straws become the hero of the day?

As long as you take the pledge to #stopsucking, you can join your favorite celebrities in the latest movement of pseudo-activism and feel like you're making a great sacrifice for the future of our planet.

Our national parks are diminishing, species are losing entire habitats, and California is currently being ravaged by two of its latest wildfires, yet the only new environmental call to action that has captured a wide range of the public's devotion is to drink Starbucks out of a sippy cup.

For more than 25 years China was our main destination for exporting plastic waste, but recently China passed a policy banning the importation of plastic waste. For a country like the United States, exporting our plastic is economical, so we're still shipping loads of plastic to neighbor countries like Thailand, Vietnam and Malaysia that have weak waste management systems. This practice can lead to plastic waste being dumped directly into the ocean or put in a landfill instead of being recycled, per a research article published in Science Advances by Amy Brooks, a doctoral student of engineering at the University of Georgia.

Five countries are responsible for 60 percent of all plastic waste dumped in the ocean: China, Indonesia, the Philippines, Thailand and Vietnam, according to a study released by Ocean Conservancy and McKinsey. We send our plastic to these countries, so a lot of that floating plastic must be from us.

To be clear, my problem is not with the banning of plastic straws, my problem is that the hype built around the trend has put it at the forefront of environmental issues that need to be dealt with. Many prominent celebrities and athletes have promoted this fad by adding #stopsucking to their social media posts, which they can do from the comfort of their couches. Many businesses in the food and beverage industry have promoted the fad because if they hand us our drinks without a straw, we will assume they must be running an environmentally friendly operation.

Dune Ives, the executive director of Lonely Whale, the organization that started the widely popular social media #stopsucking, recently did an interview with Vox where he stated, "Our straw campaign is not really about the straws," he went on, "It's about pointing out how prevalent single-use plastics are in our lives, putting up a mirror to hold us accountable. We've all been asleep at the wheel."

Despite what Ives said, this is not how the message has been conveyed by the people and companies that are promoting it. While organizations like Lonely Whale clearly have the right intentions, businesses like Starbucks, or influential celebrities like Russell Wilson and Ellen Pompeo are marketing the campaign in a way that implies straws are the greatest detriment to the ocean. This mindset leads to complacency, why change any other habits when we've already sacrificed our straws?

The movement to ban plastic straws is a solid jumping off point, but we cannot neglect our efforts to protect environmental threats that are just as serious, if not more. So as you commit to #stopsucking, remember that it should not stop there. While they may not be as trendy, or don't come with a cool hashtag, there is a wide range of other forms of action that are just as easy as getting rid of straws, like committing to reducing your consumption, or your daily energy use. We should be working these kinds of habits into our daily lives, and they should be normalized, not celebrated individually. ●

ILLUSTRATION BY GARRETT FINN

The irony of black friday

Dedicating a day of materialism to the day after giving thanks

By Elizabeth Stapleton
Social Media Editor

Thanksgiving break is almost here, and I'm so looking forward to spending it with family, friends and the year's best food. The fourth Thursday of the month, Thanksgiving, is a national holiday that celebrates gratitude among Americans. Black Friday is an informal, but widely celebrated holiday amongst Americans the day following Thanksgiving.

Isn't it weird that we spend an entire day devoted to being thankful for everything we have, but then completely forget about all of that when midnight rolls around? Black Friday is a tradition Americans holds so dear to their hearts that some people are even willing to camp outside department stores the night prior to the doors opening. It feels as though Black Friday comes earlier and earlier each year. Nowadays, department stores will open their doors on Thanksgiving night.

Some holiday traditions my family and I have include: taking turns making whipped cream by hand, switching name tags around on the dinner tables, taking a nap after the hefty meal, taking a walk down to the beach afterwards and then wrapping up the night with a sing along in the living room. I have extended family members that leave our Thanksgiving gathering before a lot of these traditions even happen to 'prep' for the following day's events. Instead of spending much needed, quality family time with one another, they disperse right after dinner. A part of me can understand wanting to buy early Christmas gifts at a marked down price, but leaving the family party to go do so? At what price does that come?

Black Friday, as it is explained on Urban Dictionary states, 'only in America do we trample and fight others for good sales, exactly one day after being thankful for what we already have.' While Thanksgiving is a time of self reflection where we are able to think back on how lucky we are to have all that we do, Black Friday somehow always creeps up on us the next day.

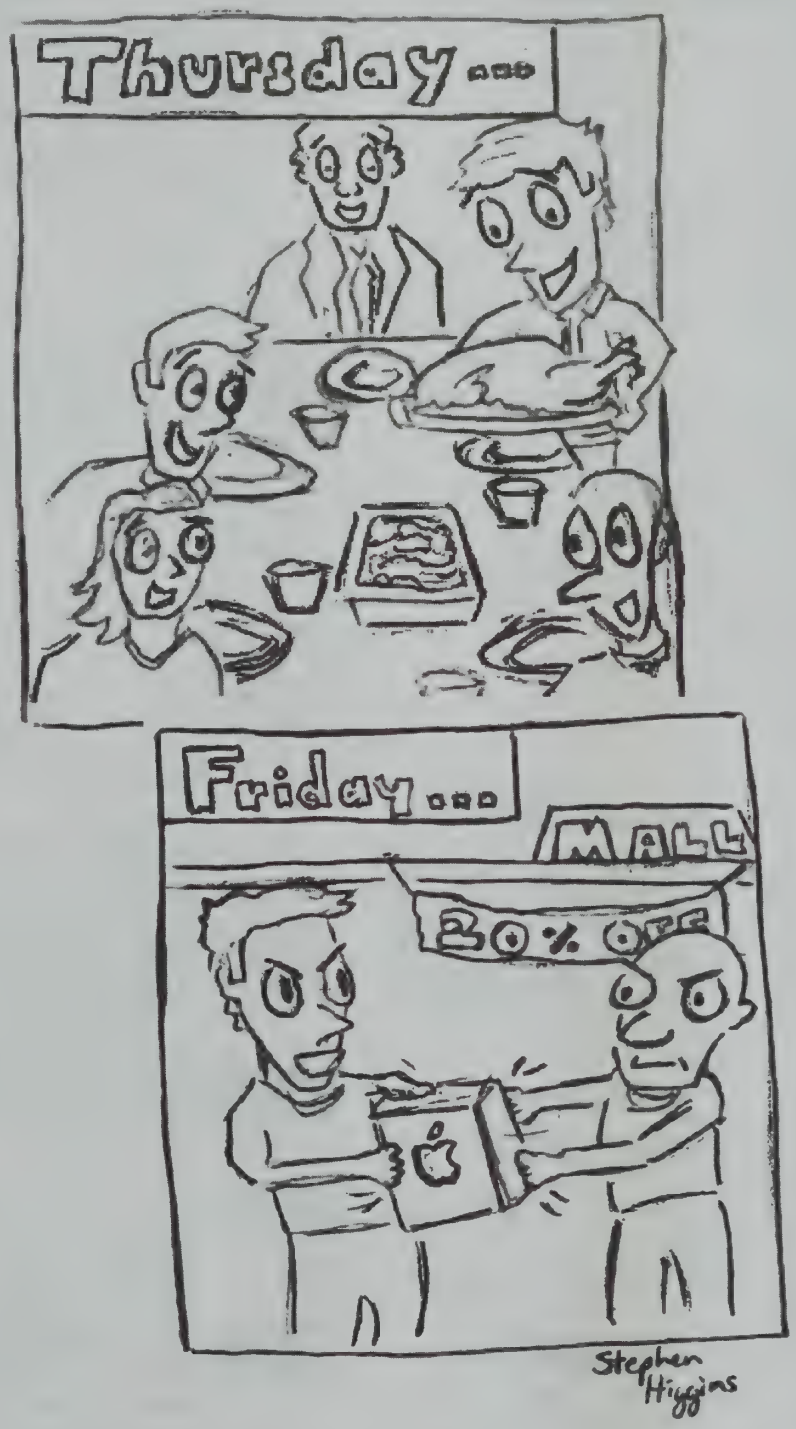
At its very core, a grassroots example of consumerism is an obsession with shopping and acquiring stuff. As Americans, we are viewed by many as very materialistic people, and the celebration of this tradition only feeds into that idea.

Are Americans losing sight of what the true meaning of Thanksgiving is by overindulging on Black Friday and Cyber Monday?

In 2016, 101.7 million people left their homes to brave the crowds on Black Friday, and 29 million of those people left their houses on Thanksgiving Day. These numbers don't even take into account Cyber Monday shoppers. According to Adobe Digital Insights, online shoppers spent $6.6 billion on Cyber Monday in 2017.

I am appalled and quite frankly, upset, to witness Americans not valuing the meaning of the Thanksgiving holiday. What will it take to end our commercially driven society? Is there an end to our consumerist nation? Will you encourage our fellow citizens to spend the holidays with family and celebrate our gratitude as we were meant to?

While many people do enjoy the excitement surrounding Black Friday / Cyber Monday, I think we should all take a step back to reflect on what this time of year means to us. Instead of thinking about where you can shop the next day to find the best prices, maybe we should all just focus on the meaning of Thanksgiving; a time of year that makes coming home and surrounding ourselves with our families, once again, possible.



Letters to the editor

Athletic trainer: revisited

Dear Defender Editorial Staff,

I would like to clear up some incorrect information that appeared in the latest edition of The Defender, in a story about understaffing in our Athletic Training department. While we appreciate the attention paid to our wonderful AT staff, which is charged with the well-being of more than 400 student-athletes, much of the information in the story was wrong.

It is true that the department is currently down one member with the departure of Kayla Ciampa, but this did not occur on Sept. 24, as the reporter asserted; it happened nearly three weeks later, after press time, greatly changing the urgency of the timing the story portrayed. The story discussed the 90-day hold on rehiring being a major hurdle, and made it sound as though the administration was not supporting this position being filled. That could not be further from the truth, as Director of Athletics Chris Kenny '86 and Vice President for Student Affairs Dawn Ellinwood both confirmed in the piece that the search for Ciampa's successor would begin immediately.

The headline and cutline for the first photo further sensationalize this issue; no student-athlete is quoted as being "frustrated", and Head Athletic Trainer Renee Breault never says she was "overwhlemed" [sic], nor is the assertion that she was short staffed at the time of the story correct. We also believe that the "Gretta Stigliano" quoted in the story is really women's soccer player Greta Ricigliano '20.

What we hope to accomplish with this letter is to make sure our student-athletes - nearly one-fourth of the College's population - understand that we are continuing to provide the safest and most supportive atmosphere for them that we can, and a story that has this many falsehoods undermines that effort. We aim to return our AT staff to full strength as soon as possible while we continue the pursuit of supporting our student-athletes, and administrators at the College are playing a positive role in that effort.

Thank you for your continued coverage of our student-athletes and Saint Michael's Athletics.

- Josh Kessler '04, *is the Director of Athletic Communications at Saint Michael's College*

It's not just age that's growing up...

SIXIANG CHEN
INTERNATIONAL EDITOR

On the day this publication goes to press, there is only 45 more days until the new year. It's time to take stock of what you have accomplished, or not. But that can be a challenge.

Imagine a day in 30 years when you have just finished work and drive your car home. Then, you meet an evening peak traffic for an hour. Suddenly, you stop worrying about life, listen to the music that you want, light a cigarette, and drift into a daze.

This is the most comfortable time for many middle-aged people at the end of the day. In China, it is called "Parking lot moment."

The parking lot is surrounded by with performance appraisals at one end and daily demands at the other. Occasionally, hiding in the middle of the parking lot can offer someone a breathing space, so that they can continue to muster the courage to hold on for the next demand.

Middle age people often feel lonely, because they are surrounded by people who rely on them and no one they can rely on.

"Due to the study pressure or the compact life, the mental age of people is growing faster than their actual age."

But stress and demands have increased so much that even teenagers now have countless worries and annoyances too.

If you are used to observing, you will find that the outside of dormitory buildings are full of crushed cigarette butts, and the CVS near the school seems to be running out of beer.

After school, I would always listen to music on the way to my dorm room. Sometimes, I would rather stay in the gym than go home to face all kinds of project and study pressure. I felt the only time when my mind was blank on the treadmill and I didn't need to talk with others.

In the weekend, I was habitually lying in bed and staring at the ceiling. Or I would play video games for a while. It didn't matter whether I was winning or losing, I just wanted to get out of the reality of immersion. The rest, tomorrow.

I didn't know when I became unwilling to communicate with others. My life was always solitary, and when the study pressure was over-heavy, I would be away from the keyboard for a while, silently smoking a cigarette outside of Cashman Hall.

I thought I had depression, until I saw a new term on the Internet: Prematurely Senile, which means due to the work/study pressure or the compact life, the mental age of people is growing faster than their actual age. Unconsciously, when they are young, they begin to face the signs of old age.

In macroscopic lives, we naively think that if we study harder, we do not need to take much time to find a job after graduation; we think if we'd be working our way through, and the bank card would soon be full of down payments; we think if we have good looks and moral quality, we can date the one we love. Unfortunately, it's not easy.

No matter how reluctant we are, 2018 is really less than 45 days from now on.

How many people suddenly freak out, "none of the goals set at the beginning of the year have been achieved!" And how many are nervous that "It's only 45 days left, and I haven't improved much." Finally, how many will have to admit, "Oh well, I screwed up again this year."

Many of us are a bit far from the goal we set at the beginning of the year. We felt regretful and anxious for doing nothing in 2018. Look at it from a different angle and tone: there are still nearly 50 days left in 2018!

We have time to accomplish the unfinished goal and to improve ourselves.

Rather than jealousy, take inspriation from those who succeed.

In short, what I want to tell everyone is that it is never too late to start.

LEONARDO'S
Fresh Quality Pizza
TRADITIONAL / VEGETARIAN / GOURMET

LEONARDO'S BASICS
SAUCE & CHEESE PIZZA

SAUCES
Zesty Tomato
Olive Oil Garlic
Pesto Pine Nut
Thai Peanut
Barbecue

CRUSTS
Hand Tossed Traditional
Extra Thin or Thick
White
Certified Organic Wheat MED ADD .50 LG ADD .75
Gluten Free MED ONLY ADD $4.50

OUR DOUGH IS MADE WITH KING ARTHUR FLOUR

PIZZA TOPPINGS

Italian Pepperoni
Hot Italian Sausage
Fresh Ground Western Beef
Cob Smoked Bacon
Marinated Chicken Breast
New England Baked Ham
Anchovy Fillets
Sliced Plum Tomatoes
Freshly Cut Broccoli
Sliced White Mushrooms
Fresh Green Spinach
Sliced Red Onions
Shredded Potatoes
Sliced Green Peppers
Sliced Jalapeno Peppers
Peppadew® Peppers
Roasted Red Peppers
Chopped Garlic
Black Olives
Sweet Pineapple
Dried Cranberries
Marinated Artichoke Hearts
Chopped Pecans
Italian Gorgonzola Cheese
Greek Feta Cheese
Shaved Parmesan Cheese
Flavorful Four Cheese Blend
Smoked Gouda Cheese
Vegan Cheese MED ADD $1.00 LG ADD $1.50

AMAZING FRESH ROASTED CHICKEN

CHICKEN WINGS
REGULAR - BBQ / BUFFALO / HOT

PANKO CRUSTED BONELESS TENDERS
REGULAR - BBQ / BUFFALO / HOT

TRADITIONAL

AMANDA'S SIX FEET UNDER
Tomato Sauce, Cheddar/Mozzarella Cheese, Chopped Garlic, Italian Pepperoni, Sliced Red Onions, Cob Smoked Bacon, Hot Italian Sausage

CLASSIC PEPPERONI DELUXE
Tomato Sauce, Cheddar/Mozzarella Cheese, Italian Pepperoni, New England Baked Ham, Sliced Red Onions, Green Peppers and White Mushrooms

HAWAIIAN ISLAND DELIGHT
Tomato Sauce, Cheddar/Mozzarella Cheese, New England Baked Ham, Cob Smoked Bacon, Freshly Cut Broccoli and Sweet Pineapple

MEAT LOVER'S REVENGE
Tomato Sauce, Cheddar/Mozzarella Cheese, Italian Pepperoni, Hot Italian Sausage, Ground Western Beef and New England Baked Ham

NICOLE'S BACON CHEESEBURGER PARADISE
Honey Barbecue Sauce, Cheddar/Mozzarella Cheese, Sliced Red Onions, Extra Ground Beef, Cob Smoked Bacon, Sprinkles of Gorgonzola Cheese

ROASTED CHICKEN BBQ
Barbecue Sauce, Cheddar/Mozzarella Cheese, Marinated Chicken Breast, Sliced Red Onions, White Mushrooms, Roasted Red Peppers with Mesquite Spices

TEXAS HOT BUFFALO CHICKEN
Zesty Tomato Texas Hot Sauce, Cheddar/Mozzarella Cheese, Spicy Chicken Breast, Sliced Red Onions with Gorgonzola Cheeses

LEONARDO'S WORKS MED $15.95 LG $21.35
Tomato Sauce, Cheddar/Mozzarella Cheese, Italian Pepperoni, New England Baked Ham, Hot Italian Sausage, Freshly Cut Broccoli, White Mushrooms, Red Onions, Green Peppers and Black Olives

INSPIRED VEGETARIAN

EXOTIC GREEK ISLAND
Tomato Sauce, Cheddar/Mozzarella Cheese, Chopped Garlic, Sliced Red Onions, Fresh Spinach, Plum Tomatoes and Black Olives with Greek Feta Cheese

GOAT CHEESE HONEY PIE
Olive Oil Garlic Sauce, Cheddar/Mozzarella Cheese, Freshly Sliced Mushrooms, Freshly Sliced Red Onions, Thyme, Crumbled Goat Cheese with Drizzled Honey

GORGONZOLA GOURMET
Olive Oil Garlic Sauce, Cheddar/Mozzarella Cheese, Fresh Spinach, Plum Tomatoes, Marinated Artichoke Hearts with Gorgonzola Cheese

SMOKIN' GOUDA
Tomato Sauce, Cheddar/Mozzarella Cheese, Chopped Garlic, Fresh Basil, Sliced Red Onions, Peppadew® Peppers with Smoked Gouda Cheese

VEGETARIAN WORKS
Tomato Sauce, Cheddar/Mozzarella Cheese, Fresh Spinach, Broccoli, White Mushrooms, Green Peppers, Red Onions, Plum Tomatoes and Black Olives

WHERE'S WALDORF?
Olive Oil Garlic Sauce, Feta Cheese, Sliced Brussels Sprouts, Sliced Red Onions, Chopped Pecans

VEGAN SALVATION MED $15.95 LG $21.35
Olive Oil Garlic Sauce, Vegan Cheese, Fresh Spinach, Sliced Red Onions, White Mushrooms, Plum Tomatoes, Black Olives

SIGNATURE GOURMET

BASIL PESTO CHICKEN
Basil Pesto Nut Sauce, Cheddar/Mozzarella Cheese, Marinated Chicken Breast, Roasted Red Peppers, Sun Dried Tomatoes, Sliced Red Onions with Gorgonzola Cheese

FENNEL SAUSAGE GOURMET
Olive Oil Garlic Sauce, Cheddar/Mozzarella Cheese, Hot Italian Sausage, Fennel, Sliced Red Onions, Fresh Spinach with Gorgonzola Cheese

LA MEETS BRUSSELS
Honey Barbecue Sauce, Cheddar/Mozzarella Cheese, Sliced Brussels Sprouts, Sliced Red Onions, Cob Smoked Bacon, Sprinkles of Gorgonzola Cheese

ROASTED MAINE POTATO
Olive Oil Garlic Sauce, Cheddar/Mozzarella Cheese, Fresh Spinach, Sliced Red Onions, Shredded Potatoes, Smoked Bacon, Rosemary and Feta Cheese

THAI CHICKEN
Thai Peanut Sauce, Cheddar/Mozzarella Cheese, Marinated Chicken Breast, Sliced White Mushrooms, Red Onions, Green Bell Peppers and Freshly Cut Broccoli

SIDES, SALADS, DESSERTS & DRINKS

FRESH BREADSTICKS
Cheesy $5.75
Cheesy Garlic $8.00

FRESH SALADS
Garden $5.00
Caesar $8.00
Spinach Pecan $8.85

CINNAMON BUBBLE BREAD
Sea Salt Caramel $5.50
Dark Chocolate Truffle $5.50

DRINKS
16.9 oz Honest Organic Ice Teas / Ades, Pomegranate Blue, Cranberry Lemonade, Honey Green Tea / Half & Half $2.35
20 oz Coca Cola / Diet Coke / Sprite, Dasani $2.05
2 LITER Coca Cola / Diet Coke / Sprite $3.15

OUR DOUGH AND SAUCE ARE MADE DAILY IN OUR STORES

WWW.LEONARDOSONLINE.COM
ORDER ONLINE / USE OUR APP
DELIVERY / CARRY OUT
ST. MICHAEL'S DORM DELIVERY
951 9000
FACEBOOK
LEONARDOS PIZZA
@LEONARDOSPIZZA

ALL PRICES ARE SUBJECT TO STATE AND LOCAL SALES TAX / ALL PRICES ARE SUBJECT TO CHANGE / LEONARDO'S PREPARES FOOD CONTAINING PEANUTS, TREE NUTS, FISH, EGGS, MILK, SOY, AND GLUTEN. WE CANNOT GUARANTEE ALL MENU ITEMS ARE ALLERGEN FREE

Perceptions of a Muslim girl

By Habeba Ramadan Ali
Arts and Culture Editor

When I was a 11 years old, growing up in Hurghada, Egypt, mornings had the same pattern. As soon as the sun rose, my mother started making breakfast for my 12-year-old brother and me. I smelled Mamma's best fried eggs as she placed them on the table with my favorite milk tea. I kissed my grandma's head before dressing. At 7:30 a.m., I arranged my headscarf and pulled on my heavy bag and headed back to the living room to drink my tea before it cooled any further. Then I tucked my fried eggs sandwiches into my pack before walking out of the apartment.

"Don`t forget to honor the name of Allah 'God' before you eat Beba," Mamma said. I said yes and walked down the stairs with a smile on my face.

Eleven years later, at 21 years old, I still follow the daily routine except that I now live thousands of miles away from my home, in a dorm and with different people. My life changed entirely one May day in Egypt, on a morning when the mail arrived, after I had put on one of my favorite hijabs, purple and black.

"Dear Habeba, Congratulation! In accordance with your demonstrated language proficiency, your placement at St. Michael's College for the fall 2018 semester is confirmed. Reading my acceptance letter over again and again I tried to actually comprehend that my dream was not just on papers and in drawings anymore, it was the real deal. I panicked looking around me inside my little bedroom. "Mom, Dad, Grandma, Abdallah I have got the acceptance letter. I am finally travelling to the U.S" saying it while shivering from the adrenaline, excitement, panic and satisfaction. My dad who was watching a football game and drinking his afternoon tea stood up hugging me tightly and silently. My journey ahead would allow me into the wild of wonders.

Three months later, I stepped off the plane in Burlington. As I walked into the airport I saw a sign with my name held by a student the same age as me. I looked and wavedback at the person who was holding my name. A mix of shock and nervousness fell through the person. I sensed that he was not expecting what I looked like. The same scarf that honors my loyalty to Allah had shocked him. I shook hands. But this was my first hint of how I would be perceived by some Americans.

After a long tiring day, I slept and looked out the window beside my bed. Knowing that it will always give me a sense of belonging and it resembles my window`s room back home. I could not find the mysterious Alliot building. So, I decided to skip breakfast, while a little part of me is aching

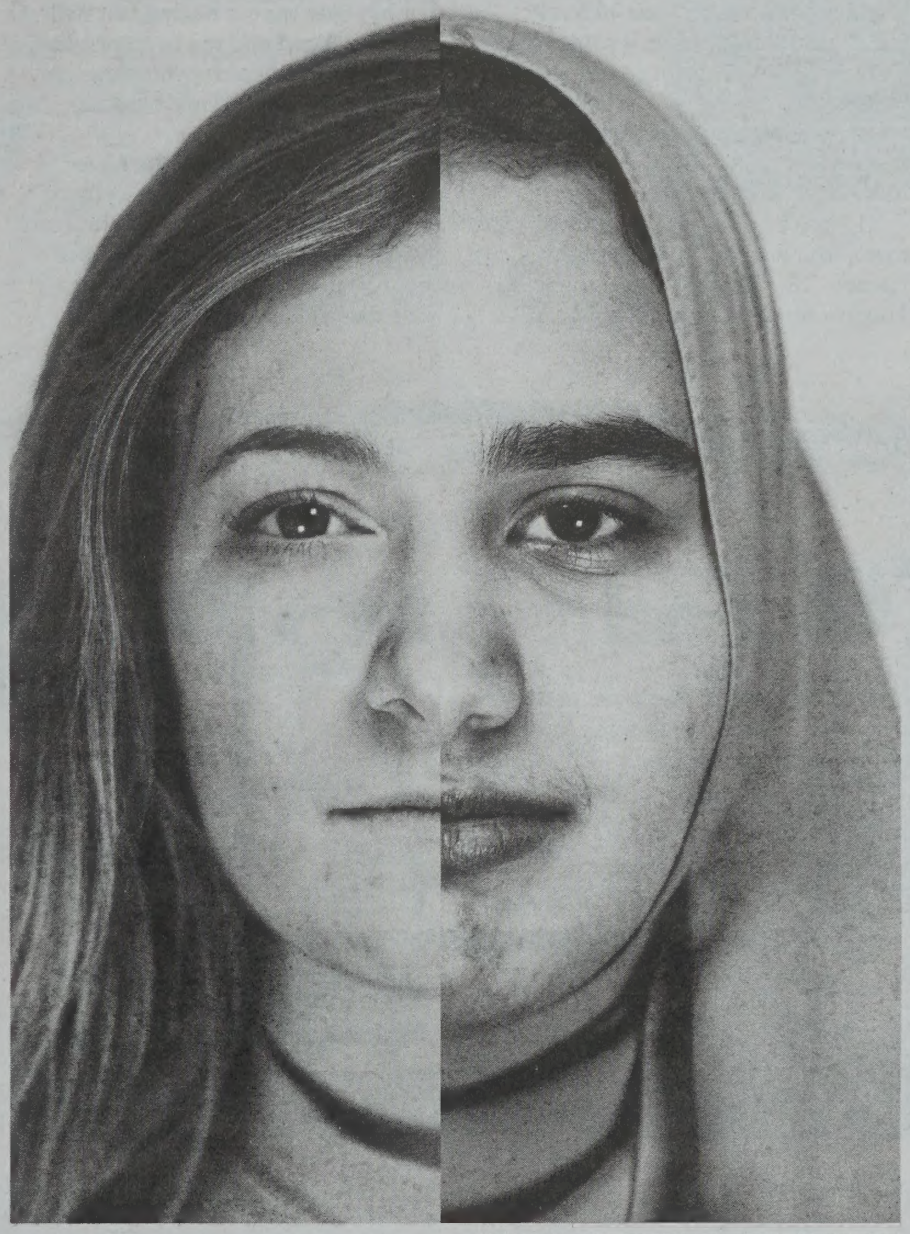


PHOTO ILLUSTRATION BY STEPHEN HIGGINS

for missing my Mamma`s breakfast. I started looking around the find the orientation place.

Looking for Dion took me more than 15 minute to find and then when it hit me: Why was I not asking anyone for help? Why I am afraid of getting out and talk? I shyly went there while breathing heavily from the panic of so many thoughts running through my head " How should I introduce myself, will they know me, maybe they do not have my name on the list, should I wait until they talk first, god what if they do not understand me, what if my English sucks despite the fact that In my country I brag a lot about me being the best in English" taking me away from my thoughts, two persons a man and woman welcomed me and from then I started my journey as a Muslim girl in An American College.

Walking around St. Michael's smiling at anyone as I always do in my country. Some of them smiled back, some were confused and others stared at me. Thinking to myself "Do I look weird" and then in less than a second it hit me again. "Ah I am wearing a scarf on my head of course they should be acting like that". We as humans often feel in danger when we face something or observe something we do not usually see in daily basis. So, we unintentionally stare and act based on the danger we feel. Totally normal, right?

Some days while sitting in Alliot, American and International students have approached me to ask me some questions that sounded more like judgments. Most of these questions were only focusing on what I looked like on the outside.

"Why do you wear a scarf here? You could easily take it off and pretend that you are somebody else"

"Poor you, you are not allowed to be in a relationship. You are missing out a lot."

"What are you trying to prove wearing this scarf on your head?"

Heated discussions would rise often and I could not help but ask this question to one of my friends "Would It make a difference if I took my hijab off, would people approach me more?"And then he replied looking at me sadly sometimes the truth hurts. "I hate to tell you this myself, but yes! It would make a huge difference"

Above all those unpleasent comments and negative interactions, I met those who were able to influence me in every good way possible. With their love and care, I was able to see the other beautiful side of the story. You know, in every story there are two sides and the truth is always somewhere in between. Sightseeing Vermont and Walking around the streets with the fact that more than 25% of people are smiling back at me. Also my professor`s support and her heartwarming feelings that always crossover to me whenever i feel upset or about to lose hope.

Finally, with my beloved international and American Friends who saw the other non-shy side of me who i thought i would never show to anyone. And despite how I felt when I was being hit by those questions, I was ready for discussion.

I was actually more than ready. I was determined to show them the best part of who I am beside the outer me standing in front of them.

Who you are is not defined as what you wear, the color of your skin, or what is your beliefs and traditions. Who you are is the best version of yourself and do not ever let that go away because no matter how people perceive you, you perceiving yourself is what only matters since no one is going to love you unconditionally except you. This long boring for some and inspirational for others is delivered to you by Habeba live and sound from her small cozy room in Cashman.

"Who you are is the best version of yourself and do not ever let that go"

-Habeba Ramadan, a transfer student

Online betting gates open, student gambling goes up

Katherine Martin
Politics Editor

Robert Carter '19* and his housemates typically bet once a week on a sports game as a group. Using an on-campus bookie to make one bet, they agree on what the outcome will be and go in together. A bookie is someone who takes bets, calculates the odds and pays out winnings. They are like the 'house' in a casino.

"We only risk five dollars each," said Martin Sloan '19. "We usually lose but the payoff would be really big. It's kind of like buying a scratch ticket."

In May 2018, the Supreme Court issued a decision reversing the 1992 ban on gambling on sporting events. States can now offer legal sports betting once they create and approve regulations. However, not all states have taken action.

Nevada, Delaware, New Jersey, Mississippi, West Virginia and New Mexico have full-scale legalized sports betting. Pennsylvania, Rhode Island, New York and Arkansas have recently passed bills. Vermont, on the other hand, has shown no interest in legalizing sports betting.

"Sports betting is illegal?" Carter asked, "That's good to know."

Although Vermont has not made any moves towards legalizing sports betting, students don't seem to be bothered.

"One time when I went to use DraftKings (an online sports betting site), it wouldn't let me register from Vermont so I just said that I resided in Massachusetts," said James Harkin '18.

While sports betting is becoming increasingly popular among college students, the gambling industry and ESPN are benefitting from the accessibility of online gambling. People are watching entire sports games, even when the winning team is seemingly obvious. People can bet not only on the team that will win, but on the number of points they will win by. This makes blowout games more engaging.

"It's for entertainment more than anything," Sloan said. "You just want something to root for. There could be a game no one would care about otherwise but then you throw money [in] and you have something to watch."

But some students who begin to gamble in college take a risk of developing a lifelong habit. "Because of online technology you can bet on five thousand different games in one day if you wanted to. You just click, click, click," said Rick Barnett, a psychologist and a licensed drug abuse counselor in Stowe, Vt.

While some students choose to put in money as a group, others are making individual bets on their own.

"I wasn't doing that many, like three, four a week," said Timothy Nichols '18. "My first one of the week I do just ten dollars and see if I can make it back to use it later in the week if I want to. And if I lose the first two I won't do any more that week... I will probably gamble after college but not in a degenerate fashion to the point where I rely on it. It's more of a recreational thing at school because we don't have to worry about paying for so many things."

> **"People don't come to treatment for gambling. It's a hidden addiction."**
>
> -Rick Barnett, a psychologist and a licensed drug abuse counselor

Behind the screen

With the recent change from illegal to legal betting, college students are joining the world of gambling around sports in larger numbers. For some it's simply entertainment, but for others, it becomes the beginning of a lifelong, dangerous addiction.

Part of the allure, and the danger of online gambling is its invisibility, according to Barnett. "How do you know that Jon over here is having fun with it every weekend and not overspending and Dave over here is overspending and draining his parents' bank account?"

Out of all the people who have gambled, which includes everything from raffle tickets to sports betting and casinos, one to two percent of those people will go on to develop a gambling disorder, Barnett said.

ILLUSTRATION BY SIXIANG CHEN

Although gambling has the lowest percentage of addicts among addictions, the suicide rate is five times higher than any other addiction, including alcoholism. The impact gambling can have on other areas of the addict's life can be devastating, said Barnett. Gambling often comes with financial burdens which often impacts one's family.

So while students have a low risk of developing a gambling problem, the results can be fatal. People who have a gambling problem more often than not have some other mental health condition that is not being addressed.

"People don't come to treatment for gambling. It's a hidden addiction, it's a pure addiction it's an invisible addiction and it's the one addiction that is predicated on hope," Barnett said.

"That's what drives the addiction in some ways--the anticipation of a big winning. A lot of gamblers know... they're not in it for the win, they're in it for the chase."

Through working with Problem Gambling Vt., an online resource for counseling and support, Barnett knows that while about ten thousand people in Vermont may be struggling with a gambling disorder, their hotline receives about three calls a month.

"Have I ever tried to stop? Every time I lose," Sloan laughs with his friends. "You go up a little bit and you lose and you're like alright I'm done for a month and a half."

Signs of an addict

While most students will go on to discontinue gambling or continue to gamble in healthy ways, there are things to look out for in gamblers as well as ways to avoid problem gambling.

Any area of an addict's life that is being impacted because of their gambling will show that they have a problem. This can include their emotional, social, physical, financial, legal or vocational life.

Barnett and his colleagues at CARTER (a center for addiction, recognition, treatment, education, and recovery) advise adults not to buy young kids scratch tickets. Because kids don't understand money and reward, scratching a ticket and instantly winning large sums of money can leave an imprint on the brain early in life, Barnett said.

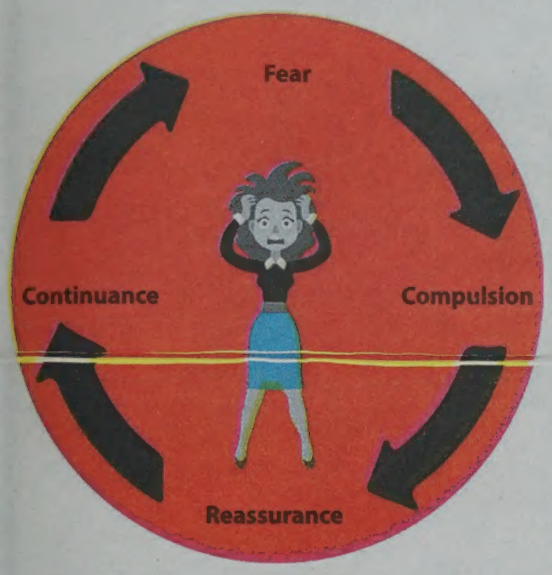
Similarly, Candy Crush and other gaming apps that are set up like slot machines are gateways for people to play slots. Most ads on these gaming apps are for online casinos.

"There is actually a lot more entry into gambling for women through smartphones and playing with free money. I think that technology absolutely fuels some people," Barnett said. "However, I do believe that no matter what they do with technology, no matter how accessible it is and no matter how many people play, there still is only going to be a small percentage of people that go on to develop problems."

Resource

If you have a gambling problem and want to seek help, call or text Problem Gambling Vermont at 1-800-522-4700

**Names changed for anonymity.*



Fear
"I'm scared something bad is going to happen I need to do something about it"

↓

Compulsion
"I'm going to perform this action to prevent the bad thing from occuring"

↓

Reassurance
"The compulsion I did must have prevented the bad thing from happening"

↓

Continuance
"I'm going to continue to perform that compulsion to prevent bad things from happening"

Erick Lattrell is a liscensed independent clinical social worker who practices psychotherapy is Essex Vt. PHOTO BY BRANDON BIELINSKI

When happiness becomes foreign

A local therapist battles with obsessive-compulsive disorder

By Brandon Bielinski
Multimedia & Online Editor

At just nine years old fear began to consume Erick Lattrell. The idea of germs and contamination led him to wash his hands so aggressively they almost bled. However he often found himself in a conundrum because he also feared chemicals that were used for cleaning. "It seemed like it was a no win situation of 'I feel contaminated' but at the same time the things that would clean up that contamination would harm me as well," said Lattrell, now 34 years old.

In recent years Obsessive-Compulsive Disorder has become a popular punchline that's often used to describe someone who likes things organized and clean. Do a quick search on Instagram and over one million photos of neat rooms and tidy closets pop up, all tagged #OCD.

But for Lattrell, a social worker who practices psychotherapy in Essex Junction, OCD takes on a whole different meaning, "an irrational illogical state of fear, doubt, and guilt that has has tormented him since childhood.

He's not alone. The National Institute of Health estimates 2.3 percent of adults in the US live with some level of this crippling disorder.

As a child Lattrell spent over an hour everyday checking light switches, power outlets and faucets. If faucets weren't positioned the right way or items in a room weren't ordered so the room felt right Latrell could not leave. He would repeatedly check these things until he became so exhausted he was unable to keep checking or until someone else gave him permission to stop.

The belief that something bad would happen if he didn't perform a particular task fueled his compulsions. "I often didn't know what the bad thing was, it was just this foreboding sense of something going wrong, or something bad happening to other people said Erick.

"It feels maddening, really, at the time you think you're going crazy, like why am I thinking these things, why am I thinking these bad things might happen, there's no logic to it."

One day during the seventh grade Lattrell was reading an article about a teenager who had OCD who experienced similar things to him like handwashing, fear of germs, and obsessive thoughts and compulsions. "I sat there and I read it, and then I read it again, and I read it again, and I said to myself 'that's me.'"

To Lattrell finally having a label for what he had was liberating because it made him realize he was not crazy and that he was just dealing with something. To his surprise when he talked with his mother she told him that he had already been diagnosed with OCD when he was younger.

In highschool OCD led to depression and Lattrell leaned to acting and music to get through. Both activities required active presence. "Active presence is really the enemy of anxiety. You can't be worrying about the past and projecting on the future if you're actively in the moment," said Lattrell.

Therapy also helped Latrell get rid of most of his compulsions but negative thoughts still persisted and became unbearable during his late teens and early 20's.

During this time happiness became foreign to him. "You get so used to things being off, your new normal is what was abnormal to begin with," said Lattrell. Lattrell described what he was doing as running away from happiness "I would get back to this more irritable slightly angry state and realize that was more comfortable than feeling good."

Eventually, Lattrell worked through many of the difficult elements of OCD. He credits three things that allowed him to overcome his intrusive thoughts. He began seeing a therapist he claims was the first person who pushed him to look inward and finally put everything together and realize he was still perpetuating his negative thoughts.

> **"It feels maddening, really, at the time you think you're going crazy, like why am I thinking these things?"**
>
> -Erick Lattrell

After seeing the therapist Lattrell spent 21 days hiking the Long Trail in Vermont. "Obtaining visceral perspective of meeting the most basic needs of food, water, shelter and sleep helped me realize that things beyond that could be manageable," Lattrell said. "Everything else is manageable when you get survival out of the way."

Everything really came together when a memory from Lattrell's past resurfaced. He remembered being approached by his teacher and principle during a chess tournament in elementary school. They explained to him why he kept losing, "You can see the short game, and you can see a few moves ahead of you but you can't see the big picture and you're not seeing the grand strategy of things." Lattrell described this moment as putting on glasses and finally seeing clearly for the first time.

Latrell stressed that while the hike, the memory, and therapy put perspective together for him everyone has their own experience and overcomes things in their own way. As a social worker who practices psychotherapy, Lattrell stated how rewarding it is helping people overcome their struggles but stressed he is simply a guide. "I'm a sherpa to anybody I work with I guide them through their own journey, I'm not the one who makes the change I just help them see the things that they might already know about themselves".

While Lattrell has made significant progress with dealing with his OCD, it will never truly go away. OCD is a manifestation of anxiety which is embedded into the brain "It can be reduced, it can be worked with, you can learn the coping mechanisms, you can learn skills to manage it to reduce the symptomatology, but the likelihood of it going away, I would never promise anyone."

PHOTOS BY BRANDON BIELINSKI

A very spooky study

By Brandon Bielinski
Multimedia & Online Editor

Biology professor Ruth Fabien-Fine's research is not for the faint hearted. Dozens of jars containing large spiders fill nearly every crevice of her office.

Fabien-Fine and her students are working on two studies. One involves dissecting the spiders and remapping their sensory systems. The other examines the impact of extended periods of stimulation and how it affects their brains.

Watch Fabien-Fine and her spiders in action on Friday at defender.smcvt.edu